**BLOOD PRESSURE LOG**

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| **Patient’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Patient’s Age:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Patient’s Weight:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Patient’s Blood Group:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
| **Doctor’s Name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | **Doctor’s Contact:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |
|  |  |
| **BP CATEGORY** | **SYSTOLIC MM HG** | **DIASTOLIC MM HG** |
| **Normal**  | **Less than or 120** | **Less than or 80** |
| **Elevated**  | **120 - 129** | **Less than 80** |
| **Hypertension stage 1** | **130 - 139** | **80 - 89** |
| **Hypertension stage 2** | **140 or higher** | **90 or higher** |
| **Hypertension crisis**  | **Higher than 180** | **Higher than 120** |

***\* Note: if you get a reading in stage 2 or hypertension crisis, call you provider immediately \****

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| **Date** | **Time (AM)** | **BP** | **Time (PM)** | **BP** | **Notes** |
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