**BLOOD PRESSURE LOG**

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| **Blood Pressure Ranges:** |
| **Category** | **Systolic** | **Diastolic** |
| **Normal** | **120** | **80** |
| **Mild HBP** | **140 - 160** | **90 - 100** |
| **Moderate HBP** | **160 - 200** | **100 - 120** |
| **Severe HBP** | **Above 200** | **Above 120** |

 | **Name:** [Patient's Name] |
| **Age:** [Patient's age] |
| **Physician’s Name:** [Doctor's Name] |
| **Physician's Number:** [Doctor's Contact number] |

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| **Date** | **Morning** | **Evening** |
| **Time** | **BP Reading** | **Notes** | **Time** | **BP Reading** | **Notes** |
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