**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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