**BLOOD PRESSURE LOG**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Patient’s Details:** | **Physician’s Details:** |

|  |
| --- |
| **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] | Name: | [Doctor's Name] |
| Age/ Weight: | [Patient's Age and Weight] | Contact number: | [Doctor's contact number] |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Starting Date: [Date]** | **Systolic** | **Diastolic** | **Pulse** | **Analysis** | **Notes** |
| **Monday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Tuesday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Wednesday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Thursday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Friday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Saturday** | Morning |  |  |  |  |  |
| Evening |  |  |  |
| **Sunday** | Morning |  |  |  |  |  |
| Evening |  |  |  |