

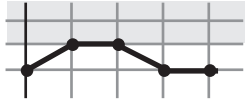
Weekly Blood Pressure Log

Name _____

Date: _____ to _____

Place a small dot at the appropriate intersection for the high number (systolic) and the time your blood pressure was taken. Then do the same for the low number (diastolic) in the lower chart.

At the end of the week, connect the dots to see your blood pressure trend.



Be sure to carefully track the items below to see how various factors influence your blood pressure.

Bring this form to your health care provider to discuss trends in your blood pressure.

		Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday				
		Systolic — Top Number																						
180																							Stage 2 Hypertension	
170																								
160																								
150																							Stage 1 Hypertension	
140																								
130																							Pre-hypertensive	
120																								
110																							Normal	
		Diastolic — Bottom Number																						
100																							Stage 2 Hypertension	
120																								
110																								
100																							Stage 1 Hypertension	
90																								
80																							Pre-hypertensive	
70																								
60																							Normal	
50																								
		AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve	AM	PM	Eve		
What did you eat for breakfast?																								
What did you eat for lunch?																								
What did you eat for dinner?																								
How often did you add salt to your food?																								
How many alcoholic drinks did you have today?																								
What medications did you take today? How much?																								
How many hours of sleep did you get last night?																								