Blood Pressure Log

Name: ______________________________

Level of Severity	Systolic	Diastolic
Normal	120	80
Mild Hypertension	140 - 160	90 - 100
Moderate Hypertension	160 - 200	100 - 120
Severe Hypertension	Above 200	Above 120

Date	AM		PM		Notes
	Blood Pressure	Pulse	Blood Pressure	Pulse	