

# My Blood Pressure Log

Name \_\_\_\_\_ Physician Name \_\_\_\_\_

My blood pressure goal \_\_\_\_\_

How often should I check my blood pressure: \_\_\_\_\_



**Take this log to every doctor visit.**

## American Heart Association Blood Pressure Levels ([www.heart.org](http://www.heart.org))

Category	Systolic (upper #)		Diastolic (lower #)
Normal	Less than 120	and	Less than 80
Prehypertension	120-139	or	80-89
High Blood Pressure Stage 1	140-159	or	90-99
High Blood Pressure Stage 2	160 or higher	or	100 or higher
<b>Hypertensive Crisis (Emergency care needed!)</b>	<b>Higher than 180</b>	<b>or</b>	<b>Higher than 110</b>

## My Blood Pressure Medications


## Blood Pressure Log

DATE	TIME	Blood Pressure	Comment

