Blood Pressure Log

Record readings from your home monitor. Take two readings, one minute apart, and note the average.

Name: Month: Target (set by your doctor):

Date	Time	Systolic (top)	Diastolic (bottom)	Pulse	Notes (meds, symptoms, before/after)

Blood pressure categories (American Heart Association)

Category	Systolic (mmHg)		Diastolic (mmHg)
Normal	Less than 120	and	Less than 80
Elevated	120–129	and	Less than 80
Hypertension Stage 1	130–139	or	80–89
Hypertension Stage 2	140 or higher	or	90 or higher
Hypertensive Crisis	Higher than 180	and/or	Higher than 120

Reference only — not medical advice. Blood pressure categories are based on American Heart Association guidelines. A single high reading is not a diagnosis; readings vary through the day. If your reading is in the Hypertensive Crisis range (higher than 180/120) and you have symptoms such as chest pain, shortness of breath, or vision changes, seek emergency care. Share this log with your doctor and follow their guidance.

Free printable from PurposeLab Studio · purposelabstudio.github.io

More: BP Log app · How to use this log · Track BP at home · BP category checker · Normal BP by age