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Hollywood, FL 33021
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Blood Pressure Log

Blood Pressure Category	Systolic mm Hg (upper number)		Diastolic mm Hg (lower number)
NORMAL	Less than 120	and	Less than 80
ELEVATED	Between 120 - 129	and	Less than 80
HIGH BLOOD PRESSURE STAGE 1 (Hypertension)	Between 130 - 139	and	Between 80 - 89
HIGH BLOOD PRESSURE STAGE 2 (Hypertension)	140 or higher	or	90 or higher
HYPERTENSIVE CRISIS (consult your doctor immediately)	Higher than 180	and/or	Higher than 120

Patient Name: _____

Date of Birth: _____

Date	Systolic (Top No)	Diastolic (Bottom No)	Heart Rate	Weight	Notes
	AM	PM			

Instructions for Accurate Blood Pressure Measurement:

- Avoid caffeine, exercise, or smoking for 30 minutes before measuring.
- Empty your bladder beforehand.
- Sit quietly for 5 minutes before taking the reading.
- Keep your feet flat on the floor and back supported.
- Rest your arm on a flat surface at heart level.
- Use a properly fitted cuff on a bare upper arm.
- Take TWO readings one minute apart: record both or the average.
- Measure at the same time each day.