Blood Pressure Log

Name _____

Category (mmHg)	Systolic		Diastolic
Normal	Below 120	and	Below 80
Elevated	120-129	and	Below 80
High, stage 1	130-139	or	80-89
High, stage 2	140 or higher	or	90 or higher
Severe	Above 180	or	Above 120

Sit quietly for 5 minutes first. Take 2 readings, 1 minute apart, morning and evening, and write down both.

Date	Time	Sys	Dia	Pulse	Notes

Tired of writing this down?

Scan to get SnapSana. Snap a photo of your monitor and your readings are logged and charted for you.

SnapSana

Above 180/120: wait 1 minute and retest. If it is still that high, contact your healthcare professional right away. With chest pain, shortness of breath, back pain, numbness, weakness, vision changes or trouble speaking, call emergency services. Categories follow the American Heart Association. For your own records, not medical advice.