BLOOD PRESSURE LOG

Name: _____

Date	AM		PM		Notes
	Systolic	Diastolic	Systolic	Diastolic	

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

SALUS