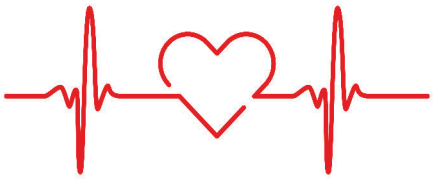
Blood Pressure Log



PRESSURE CATEGORY	SYSTOLIC	DIASTOLIC
NORMAL	<120	<90
ELEVATED	120 - 129	80 - 84
HIGH BLOOD PRESSURE (STAGE 1)	130 - 139	85 - 90
HIGH BLOOD PRESSURE (STAGE 2)	> 140	> 0
HIGH BLOOD PRESSURE (STAGE 3)	> 180	> 120

DATE	TIME	SYSTOLIC	DIASTOLIC	HEART RATE	NOTES

DATE	TIME	SYSTOLIC	DIASTOLIC	HEART RATE	NOTES

NOTES