

# Daily Blood Pressure Log

Track your readings throughout the day

Name:

Date:

Target BP:

TIME	SYSTOLIC (TOP #)	DIASTOLIC (BOTTOM #)	PULSE (BPM)	NOTES (MEDICATIONS, ACTIVITY, SYMPTOMS)
Morning (wake up)				
After breakfast				
Mid-morning				
Before lunch				
After lunch				
Afternoon				
Before dinner				
After dinner				
Bedtime				
Other: _____				

## Blood Pressure Ranges

- Normal:** Below 120/80
- Elevated:** 120-129 / <80
- High Stage 1:** 130-139 / 80-89
- High Stage 2:** 140+ / 90+
- Crisis:** Above 180/120

## Measurement Tips

- Sit quietly for 5 minutes before measuring
- Keep feet flat on floor, arm supported at heart level
- Don't talk during measurement
- Take 2-3 readings, 1 minute apart
- Avoid caffeine/exercise 30 min before
- Empty bladder before measuring
- Use same arm each time

Download more logs at [wellnumbers.com](https://wellnumbers.com)