

# Monthly Blood Pressure Journal

Month: \_\_\_\_\_ Year: \_\_\_\_\_

Name: \_\_\_\_\_  
 Target BP: \_\_\_\_\_  
 Medications: \_\_\_\_\_

DAY	MORNING			EVENING			NOTES / SYMPTOMS
	SYS	DIA	PULSE	SYS	DIA	PULSE	
1							
2							
3							
4							
5							
6							
7							
Week 1 Average: _____ / _____							
8							
9							
10							
11							
12							
13							
14							
Week 2 Average: _____ / _____							
15							
16							
17							
18							
19							
20							
21							
Week 3 Average: _____ / _____							
22							
23							
24							

## Monthly Summary

Monthly Average

Lowest Reading

Highest Reading

% in Target Range

## Notes for Doctor Visit

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

Download more journals at [wellnumbers.com/blood-pressure/printable](http://wellnumbers.com/blood-pressure/printable)