

Weekly Blood Pressure Chart

Week of:

to

Name: _____

Target BP: _____

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING (before breakfast & medications)							
Systolic							
Diastolic							
Pulse							
AFTERNOON (optional)							
Systolic							
Diastolic							
EVENING (before dinner & medications)							
Systolic							
Diastolic							
Pulse							
Daily Average	___/___	___/___	___/___	___/___	___/___	___/___	___/___

Weekly Summary

Lowest Reading	Highest Reading	Weekly Average	Readings in Target	Notes for Doctor
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BP Categories

█ **Normal:** <120/80

█ **Elevated:** 120-129/<80

█ **Stage 1:** 130-139/80-89

█ **Stage 2:** 140+/90+

Download more charts at wellnumbers.com/blood-pressure/printable