

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

BP Categories

Normal: <120/80

Elevated: 120-129/<80

Stage 1: 130-139/80-89

Stage 2: 140+ /90+