



Petal & Paper

YOUR FREE PRINTABLE

Blood pressure log



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D A I L Y R E A D I N G S

blood pressure log

How to read this log

Systolic (top number): target <120 (normal)
<130 (elevated)
Diastolic (bottom number): target <80 (normal)
<80 (elevated)
Pulse (resting): 60-100 bpm is normal
When to contact GP: systolic >180 or diastolic >120

Week 2

Mon: ___/___ Pulse: ___ Time: ___ Notes: ___
Tue: ___/___ Pulse: ___ Time: ___ Notes: ___
Wed: ___/___ Pulse: ___ Time: ___ Notes: ___
Thu: ___/___ Pulse: ___ Time: ___ Notes: ___
Fri: ___/___ Pulse: ___ Time: ___ Notes: ___
Sat: ___/___ Pulse: ___ Time: ___ Notes: ___
Sun: ___/___ Pulse: ___ Time: ___ Notes: ___

Week 1

Mon: ___/___ Pulse: ___ Time: ___ Notes: ___
Tue: ___/___ Pulse: ___ Time: ___ Notes: ___
Wed: ___/___ Pulse: ___ Time: ___ Notes: ___
Thu: ___/___ Pulse: ___ Time: ___ Notes: ___
Fri: ___/___ Pulse: ___ Time: ___ Notes: ___
Sat: ___/___ Pulse: ___ Time: ___ Notes: ___
Sun: ___/___ Pulse: ___ Time: ___ Notes: ___

Average and summary

Average systolic: ___ Average diastolic: ___
Highest reading: ___/___ Date: ___
Lowest reading: ___/___ Date: ___
Shared with GP on: _____