## **Blood Pressure Tracker Log**

Name
Systolic Diastolic
Target blood pressure\* 120 80
Systolic Diastolic
Call physician if above
Physician phone number

\* National Institutes of Health standard

| Date   | Time      | Systolic | Diastolic | Heart Rate | Comments |
|--------|-----------|----------|-----------|------------|----------|
| 11/1/0 | 6 Morning | 129      | 79        | 72         |          |
| 11/1/0 | 6 Evening | 133      | 80        | 75         |          |
| 11/2/0 | 6 Morning | 142      | 86        | 70         |          |
| 11/2/0 | 6 Evening | 141      | 84        | 68         |          |
| 11/3/0 | 6 Morning | 137      | 84        | 70         |          |
| 11/3/0 | 6 Evening | 139      | 83        | 72         |          |
| 11/4/0 | 6 Morning | 140      | 85        | 78         |          |
| 11/4/0 | 6 Evening | 138      | 85        | 69         |          |
| 11/5/0 | 6 Morning | 135      | 79        | 75         |          |
| 11/5/0 | 6 Evening | 136      | 81        | 72         |          |
| 11/6/0 | 6 Morning | 137      | 83        | 69         |          |
| 11/6/0 | 6 Evening | 138      | 85        | 66         |          |
| 11/7/0 | 6 Morning | 135      | 80        | 67         |          |
| 11/7/0 | 6 Evening | 142      | 85        | 72         |          |

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**Brendan G. Carr** 

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