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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Thomas Griffiths

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