# Home Blood Pressure Measurement Log

Norma Blood Pressure <120/ < 80  - Elevated (or Prehypertension) 120-129/<80 - High Blood Pressure >130/80 *

| **Date** | **Systolic BP** (Top Number) | **Diastolic BP** (Bottom Number) | **Heart Rate** In BPM | **Notes** (Location of measurement, type of cuff, etc.) |
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*Medications usually started for persistent blood pressure readings greater than 140/90

If you are concerned about high blood pressure please go see a doctor for a professional in-clinic blood pressure measurement

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