

# Blood Pressure Tracker

Name: \_\_\_\_\_  
 Month: \_\_\_\_\_  
 My blood pressure is typically fairly:  
 \_\_\_\_\_ High  
 \_\_\_\_\_ Low

Blood Pressure Key	Systolic	Diastolic
Normal	120	80
Mild Hypertension	140-160	90-100
Moderate Hypertension	160-200	100-120
Severe Hypertension	Above 200	Above 120

Date	Time	Blood Pressure	Notes



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