

# Generic Blood Pressure Log

## Personal Information

- Name: \_\_\_\_\_
- Date of Birth: \_\_\_\_\_
- Physician/Doctor: \_\_\_\_\_
- Contact: \_\_\_\_\_

## Instructions for Use:

1. Take readings consistently at the same time daily for accurate comparisons.
2. Record measurements after resting for 5 minutes in a calm environment.
3. If multiple readings are taken, log the average for clarity.
4. Add notes on any symptoms, medications, or activities before the measurement.

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (BPM)	Notes (Symptoms or Observations)
YYYY-MM -DD	HH:M M				
YYYY-MM -DD	HH:M M				
YYYY-MM -DD	HH:M M				

Weekly Averages

Week Starting	Systolic Average (mmHg)	Diastolic Average (mmHg)	Pulse Average (BPM)	Observations
YYYY-MM-DD				

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