

Blood Pressure Tracker

A simple daily log for blood pressure and pulse

What this is

A printable 4-week log for recording your blood pressure and pulse rate at home. Most home BP monitors also display pulse, so there's a column for that too. Keeping a log like this over time gives your doctor far more useful information than a single reading taken at a clinic visit.

How to use it

- Take your reading at roughly the same time each day (many people do morning and evening).
- Sit quietly for 5 minutes before measuring, feet flat on the floor, arm supported at heart level.
- Write down the systolic (top number), diastolic (bottom number), and pulse shown on your monitor.
- Bring the completed log to your next appointment, or photograph it to send to your care team.

Blood pressure categories (American Heart Association)

Category	Systolic / Diastolic (mmHg)
Normal	Below 120 and below 80
Elevated	120-129 and below 80
High (Stage 1)	130-139 or 80-89
High (Stage 2)	140 or higher or 90 or higher
Hypertensive Crisis	Above 180 and/or above 120 - seek care immediately

A note before you start

This log is a tool for organizing your own readings so you and your doctor can spot patterns together. It does not diagnose, treat, or replace medical advice. Always follow the care plan your physician has given you, and contact them (or emergency services) if a reading is far outside your normal range or you feel unwell.

Designed by a physician · BluePalm Hub

Week 1

Day / Date	Time	Systolic	Diastolic	Pulse	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (symptoms, stress, missed medication, etc.):

Week 2

Day / Date	Time	Systolic	Diastolic	Pulse	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (symptoms, stress, missed medication, etc.):

Week 3

Day / Date	Time	Systolic	Diastolic	Pulse	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (symptoms, stress, missed medication, etc.):

Week 4

Day / Date	Time	Systolic	Diastolic	Pulse	Notes
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Notes for the doctor (symptoms, stress, missed medication, etc.):