



Blood Pressure Tracker

Name Your Name
Systolic Diastolic
Target Blood Pressure 120 80

Date	Time	Systolic	Diastolic	Heart Rate
4/1/11	Morning	129	79	72
4/1/11	Evening	133	80	75
4/2/11	Morning	142	86	70
4/2/11	Evening	141	84	68
4/3/11	Morning	137	84	70
4/3/11	Evening	139	83	72
4/4/11	Morning	140	85	78
4/4/11	Evening	138	85	69
4/5/11	Morning	135	79	75
4/5/11	Evening	136	81	72
4/6/11	Morning	137	83	69
4/6/11	Evening	138	85	66
4/7/11	Morning	135	80	67
4/7/11	Evening	142	85	72
Average		137.29	82.79	71.07