Category	Systolic/Diastolic
Normal	< 135/85
High Blood Pressure	≥ 135 / 85
High Blood Pressure (for people with diabetes)	≥ 130 / 80

Note: These are guidelines only. Consult with your pharmacist or physician about your individual situation.

The Medicine Shoppe® PHARMACY

BLOOD PRESSURE MONITORING LOG

Name _____

Date of Birth _____

Personal Health Card # _____

DATE						
READ						

DATE						
READ						

DATE						
READ						

DATE						
READ						