

Blood Pressure Monitor Log



WEIGHT

MORNING

AFTERNOON

EVENING

DAILY AVERAGES

lbs.

S

D



S

D



S

D



S / D

1st

This is a screenshot (sample view).

2nd

To get this excel template file (.xltx) just click on the heart/monitor icon in Cool Stuff by Stan.

3rd

4th

If you're looking for a daily log for blood pressure, O2 or heart rate monitoring you'll love this file and all the tracking plus extras that it provides.

5th

6th

The file was made to be opened in excel 2010 or above, on a computer. I don't know what other devices will allow you to actually use the file. Please let me know.

7th

8th

9th

Try it you'll like it.

10th

It's free, but you can still say thank you by donating. Visit the Tip Jar on Stanslist.com

11th

12th

Thanks, Stan

13th

14th

15th

16th

17th

18th

19th

20th

21st

22nd

23rd

24th

25th

26th

27th

28th

29th

30th

31st

Averages

Height:

FEET

INCHES

Age:

YEARS

Target weight:

Target BP: 120 / 70

Average systolic:

mm Hg

Low:

High:

Average diastolic:

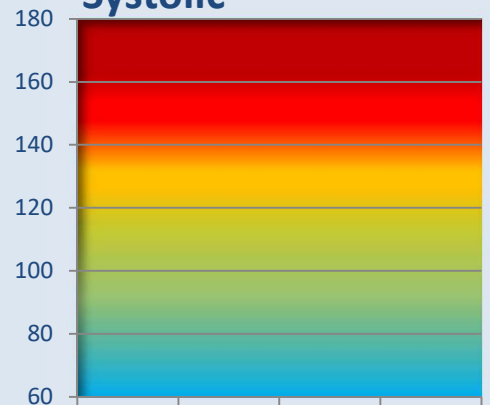
mm Hg

Low:

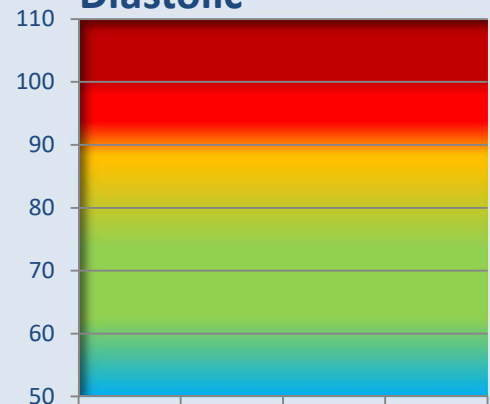
High:

Number of readings: 0

Systolic



Diastolic



● Morning ● Afternoon ● Evening

Weight

Trendline in yellow



RECOMMENDED RANGE FROM BMI

Notes:

Log designed by Stans_the_Man@comcast.net