MD HCP Connect

Level of Severity	Systolic	Diastolic
Normal	120	80
Mild Hypertension	140-160	90-100
Moderate Hypertension	160-200	100-120
Severe Hypertension	Above 200	Above 120

Name: _____ **Target Blood Pressure:** _____

Date	AM		PM		Comments
	Time	Blood pressure	Time	Blood pressure	
8/6	*8:15*	*138/87*	*6:20*	*142/92*	*Stressful day at work*