# Blood Pressure Log

*This log is intended to help individuals monitor their blood pressure readings over time. Regular tracking of blood pressure can assist in understanding trends and identifying any irregularities that may require medical attention. This document is ideal for use by patients, caregivers, or healthcare professionals.*

**Patient Information:**

* **Name:** {name}
* **Date of Birth:** {dateOfBirth}
* **Gender:** {gender}
* **Monitoring Period:** {monitoringPeriod}

**Instructions:**

Please record blood pressure readings at regular intervals (e.g., morning and evening). Include heart rate if available. Add any relevant notes such as symptoms, medication taken, or physical activity.

## Blood Pressure Readings

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Date** | **Time** | **Systolic (mmHg)** | **Diastolic (mmHg)** | **Heart Rate (bpm)** | **Notes** |
| {#readings}{date} | {time} | {systolic} | {diastolic} | {heartRate} | {notes}{/readings} |

## Summary

**Total Readings:** {totalReadings}

**Average Systolic:** {averageSystolic} mmHg

**Average Diastolic:** {averageDiastolic} mmHg

**Average Heart Rate:** {averageHeartRate} bpm

{#hasDoctorComments}

### Doctor's Comments

{doctorComments}

{/hasDoctorComments}

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### Doctor's Comments

*No comments provided.*

{/hasDoctorComments}