HOME VITALS LOG

Daily blood pressure, pulse, weight & blood sugar

PATIENT NAME

MONTH / YEAR *(e.g. June 2026)*

TARGET RANGES (GENERAL REFERENCE)

Blood pressure: many adults aim below ~130 / 80 mmHg · Resting pulse ~60–100 bpm · Track weight at the same time each day · Blood sugar targets vary widely by person.

These are general ranges — ask your doctor for YOUR personal targets. Sample sheet — replace with your own details.

DATE	TIME	BP SYS	BP DIA	PULSE	WEIGHT	BLOOD SUGAR	NOTES

Tip: Sit and rest 5 minutes before measuring. Use the same arm and time of day for consistent readings.