

# Blood Pressure Chart

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC mm Hg (upper number)</b>	<b>and/or</b>	<b>DIASTOLIC mm Hg (lower number)</b>
<b>NORMAL</b>	LESS THAN 120	and	LESS THAN 80
<b>ELEVATED</b>	120 – 129	and	LESS THAN 80
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	130 – 139	or	80 – 89
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	140 OR HIGHER	or	90 OR HIGHER
<b><u>HYPERTENSIVE CRISIS</u> (consult your doctor immediately)</b>	HIGHER THAN 180	and/or	HIGHER THAN 120

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# Blood Pressure Chart for Blood Pressure Monitoring at Home

Name \_\_\_\_\_

Day #	Date	Time	3 Morning Readings - First Thing in Morning 1-2 Minutes Apart			Time	3 Evening Readings - Before Bed 1-2 Minutes Apart		
Example	12/12/2012	6:30 AM	125/83	125/83	125/83	10:00 PM	128/85	128/85	128/85
1			/	/	/		/	/	/
2			/	/	/		/	/	/
3			/	/	/		/	/	/
4			/	/	/		/	/	/
5			/	/	/		/	/	/
6			/	/	/		/	/	/
7			/	/	/		/	/	/

Average Systolic Reading = Add up Days 2-7 Systolic readings (all 36 of them) and Divide by 36 = \_\_\_\_\_ = Average Systolic Reading

Average Diastolic Reading = Add up Days 2-7 Diastolic readings (all 36 of them) and Divide by 36 = \_\_\_\_\_ = Average Diastolic Reading

Furnished by Natural Health Advisory Institute - See:

*\*Blood Pressure Chart: Understand What Your Blood Pressure Numbers Really Mean*

*\*A Home Blood Pressure Monitor and a Reliable Blood Pressure Chart Offer Superiority for Knowing Your True Risk*

*\*13 Cardinal Rules for Getting Accurate Blood Pressure Readings*