

### BLOOD PRESSURE RECORD

	DATE	TIME	SYSTOLIC/DIASTOLIC	HEART RATE	WEIGHT
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

**TOTAL**      →      


      Calculate your average blood pressure by adding each column and dividing each by the total number of measurements recorded

**AVERAGE**      →      


**SYSTOLIC** = maximum pressure in blood vessels when heart beats.  
**DIASTOLIC** = minimum pressure in blood vessels when heart relaxes between beats.

<b>SYSTOLIC</b> OVER <b>DIASTOLIC</b>	<b>NORMAL</b> Less Than 120	<b>PREHYPERTENSION</b> 120-139	<b>STAGE 1 HYPERTENSION</b> 140-159	<b>STAGE 2 HYPERTENSION</b> 160 and Higher
	<b>NORMAL</b> Less Than 80	<b>PREHYPERTENSION</b> 80-89	<b>STAGE 1 HYPERTENSION</b> 90-99	<b>STAGE 2 HYPERTENSION</b> 100 and Higher

For information about blood pressure, consult your physician

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