

# BLOOD PRESSURE RECORD



	Date	Time	Systolic	Diastolic	Pulse	Weight
1						
2						
3						
4						
5						
6						
7						
8						
9						
10						
<b>TOTAL 10 READINGS</b>						
<b>AVERAGE</b>						

**\*DROP THE LAST DIGIT TO AVG 10 READINGS**

<b>BLOOD PRESSURE CATEGORY</b>	<b>SYSTOLIC</b> mm Hg (Upper Number)		<b>DIASTOLIC</b> mm Hg (Lower Number)
<b>NORMAL</b>	<b>LESS than 120</b>	and	<b>LESS than 80</b>
<b>ELEVATED</b>	<b>120 - 129</b>	and	<b>LESS than 80</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1</b>	<b>130 - 139</b>	and	<b>80 - 89</b>
<b>HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2</b>	<b>140 or HIGHER</b>	or	<b>90 or HIGHER</b>
<b>HYPERTENSIVE CRISIS (consult your doctor immediately)</b>	<b>HIGHER than 180</b>	and/or	<b>HIGHER than 120</b>

SOURCE: American College of Cardiology (ACC) / American Heart Association (AHA), '17 Blood Pressure Guidelines