

Blood Pressure Chart

Blood Pressure Category	Systolic mm Hg (upper #)		Diastolic mm Hg (lower #)
Low blood pressure (Hypotension)	less than 90	or	less than 60
Normal	90 to 120	and	60 to 80
Prehypertension	120-139	or	80-89
High Blood Pressure (Hypertension Stage 1)	140-159	or	90-99
High Blood Pressure (Hypertension Stage 2)	160 or higher	or	100 or higher
High Blood Pressure Crisis (Seek Emergency Care)	180 or higher	or	110 or higher

This chart reflects blood pressure categories defined by the Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure (<http://www.nhlbi.nih.gov/guidelines/hypertension/>) and by the American Heart Association.

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**



Natural Health Advisory Charts

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