

SYSTOLIC = maximum pressure in blood vessels when heart beats.

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

ments recorded

LICADT

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

For information about blood pressure, consult your physician

BLOOD PRESSURE RECORD

	DATE	TIME	SYSTOLIC	/DIASTOLIC	HEART RATE	WEIGHT
1						
2	7.0					
3						
4	왕					
5						
6						
7	-0.					
8						
9		= 40	a ¹			
10						
	OTAL VERAGE	□			ing each l	your average ure by adding in and divid- by the tota if measure

SYSTOLIC = maximum pressure in blood vessels when heart beats.

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

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

For information about blood pressure, consult your physician

BLOOD PRESSURE RECORD

_	DATE	TIME	SYSTOLIC	/DIASTOLIC	RATE	WEIGHT
1						
2						-
3					4	5,0 mg
4						
5						
6	Ğ.					, ÷
7				0		
8						
9			Tr.			
10				10 PM		
	OTAL VERAGE	→			ing each	your average ure by adding in and divid- by the total of measure-

SYSTOLIC = maximum pressure in blood vessels when heart beats.

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

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

BLOOD PRESSURE RECORD

_	DATE	TIME	SYSTOLIC	/DIASTOLIC	HEART RATE	WEIGHT
1			,			
2						
3	- 1.0. - 1.0.					5 (1) 5 (2)
4	-22					
5	54					
6	Ž					
7	50 A			6		
8						
9			a a			
10						
	OTAL VERAGE	-			ing each	your average ure by adding on and divid- by the total of measure-

SYSTOLIC = maximum pressure in blood vessels when heart beats.

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



NORMAL Less Than 120	PREHYPERTENSION 120-139	STAGE 1 HYPERTENSION 140-159	STAGE 2 HYPERTENSION 160 and Higher
NORMAL Less Than 80	PREHYPERTENSION 80-89	STAGE 1 HYPERTENSION 90-99	STAGE 2 HYPERTENSION 100 and Higher

For information about blood pressure, consult your physician