Home Blood Pressure Record

American Heart Association Recommended Blood Pressure levels

Blood Pressure Category	Systolic (mm/Hg)		Diastolic (mm/Hg)	
Normal	Less than 120	and	Less than 80	
Prehypertension	120 – 139	or	80 – 89	
High				
Stage I	140 – 159	or	90 – 99	
Stage II	160 or higher	or	100 or Higher	

The normal targeted blood pr	ressure f	for the p	person	you p	orovide	care 1	or is:
	/_	mm Ĥ	lg.				

Take Readings at the same time each day, such as morning and evening, or as your doctor recommends.

A reading higher than 180/110 is a medical emergency – call 911 immediately.

Date/Time	Reading 1	Reading 2	Observations