Memorial
Health Care Systems

Annual Health Fair
Blood Pressures

Name:____

Your Blood Pressure

Normal	Less Than 120/80
Elevated	120-129/Less Than 80
Hypertension Stage 1	130-139/80-89
Hypertension Stage 2	140/90 or higher
Hypertension Crisis	Higher Than180/120

What Does the Systolic Blood Pressure Number Mean?

When your heart beats, it squeezes and pushes blood through your arteries to the rest of your body. This force creates pressure on those blood vessels, and that's your systolic blood pressure.

A normal systolic pressure is below 120.

What Does the Diastolic Blood Pressure Number Mean?

The diastolic reading, or the bottom number, is the pressure in the arteries when the heart rests between beats. This is the time when the heart fills with blood and gets oxygen.

A normal diastolic blood pressure is lower than 80.

Blood Pressure Log

SBP = Systolic Pressure/top number

DBP = Diastolic Pressure/bottom number

BPM = Beats Per Minute

Date	Time	SBP	DBP	BPM	Notes

Keep a Blood Pressure Log and share with your medical provider.