

Blood Pressure Explained

Blood pressure is the force of blood against the walls of your arteries. Blood pressure is recorded as two numbers—the systolic (**pressure as the heart beats**) over the diastolic (**pressure as the heart relaxes**). The measurement is written with the systolic number first and the diastolic number second. For example, a blood pressure can be written as 120/80 mm Hg (millimeters of mercury) and is expressed verbally as “120 over 80.”

Classification	Systolic	Diastolic
Normal	Less than 120	Less than 80
Pre-Hypertensive	120-139	80-89
HBP – Stage 1	140-159	90-99
HBP – Stage 2	160 or Higher	100 or Higher

When systolic and diastolic blood pressures fall into different categories, the higher category should be used to classify blood pressure level.

For example: 160/80 mm Hg would be considered Stage 2 hypertension (**high blood pressure**)

Your “*true*” blood pressure should be an average of measurements taken at various times throughout the course of a week. Record your measurements below to get a more accurate assessment of your true blood pressure.

BP-AM	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Systolic							
Diastolic							

BP-AM	Mon	Tues	Wed	Thu	Fri	Sat	Sun
Systolic							
Diastolic							