WAYLAND PERSONAL PHYSICIANS

Medical Excellence. Individualized Care.

NORMAL BLOOD PRESSURE READINGS

Category	Systolic		Diastolic
Normal Blood pressure	Less than 120	and	Less than 80
Elevated Blood pressure	120-129	and	Less than 80
High blood pressure- stage 1	130-139	and	80-89
High blood pressure- stage 2	140 or higher	and	90 or higher

Date	Time	AM/PM	Blood_Pressure	Arm	Pulse	Weight	Comments
4/1	815	AM	110/70	R	74	150	Just exercised