## **Hypertension Stages Chart**

Patient's Name:	
Date of Birth:	
Gender:	
Referring Physician's Name:	

## **Blood Pressure Ranges**

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)	and/or	DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

## **Blood Pressure Monitoring**

Date and Time	First Reading	Second reading	Blood Pressure Category

## **Additional Notes:**

**Source:** Harvard Health. (2021, November 16). *Reading the new blood pressure guidelines*. Weading the new blood pressure guidelines - Harvard Health