

Men's Blood Pressure Chart

Age Group	Normal Blood Pressure	Elevated Blood Pressure	Hypertension Stage 1	Hypertension Stage 2	Hypertensive Crisis
18-29	Systolic <120 and Diastolic <80	Systolic 120-129 and Diastolic <80	Systolic 130-139 and Diastolic 80-89	Systolic \geq 140 and Diastolic \geq 90	Systolic >180 and Diastolic >120
30-39	Systolic <120 and Diastolic <80	Systolic 120-129 and Diastolic <80	Systolic 130-139 and Diastolic 80-89	Systolic \geq 140 and Diastolic \geq 90	Systolic >180 and Diastolic >120
40-49	Systolic <120 and Diastolic <80	Systolic 120-129 and Diastolic <80	Systolic 130-139 and Diastolic 80-89	Systolic \geq 140 and Diastolic \geq 90	Systolic >180 and Diastolic >120
50-59	Systolic <120 and Diastolic <80	Systolic 120-129 and Diastolic <80	Systolic 130-139 and Diastolic 80-89	Systolic \geq 140 and Diastolic \geq 90	Systolic >180 and Diastolic >120
60+	Systolic <120 and Diastolic <80	Systolic 120-129 and Diastolic <80	Systolic 130-139 and Diastolic 80-89	Systolic \geq 140 and Diastolic \geq 90	Systolic >180 and Diastolic >120

Note: Blood pressure readings are measured in mmHg (millimeters of mercury). This chart is a general guide; individual medical conditions may necessitate different targets.

Doctor's Signature: _____

Name: _____

Date: _____