

# Normal Blood Pressure Chart

## Patient Information

Full Name: \_\_\_\_\_

Date of Birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Gender: \_\_\_\_\_

Patient ID: \_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

## Recommended patient parameters

blood pressure category	systolic mm Hg	and/or	diastolic mm Hg
<b>NORMAL</b>	less than 120	and	less than 80
<b>ELEVATED</b>	120-129	and	less than 80
<b>HYPERTENSION STAGE 1</b>	130-139	or	80-89
<b>HYPERTENSION STAGE 2</b>	140 or higher	or	90 or higher
<b>HYPERTENSIVE CRISIS</b>	higher than 180	and/or	higher than 120

## Patients Records:

Date/Time	Systolic	Diastolic	Interpretation

**Physician's Notes and Recommendations**

**Physician's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_