

WHAT DOES YOUR BLOOD PRESSURE READING MEAN?

Classification of Blood Pressure				
Category	SBP mmhg (first/top number)		DBP mmhg (Second/Bottom Number)	Recommendation
Normal	<120	AND	<80	
Elevated	120-129	AND	>80	
High Blood Pressure Stage 1	130-139	OR	80-89	
High Blood Pressure Stage 2	>140	OR	>90	
Hypertension Crisis	>180	AND/ OR	>120	

Date	Time	BP	Weight	Pulse	Notes

