



Think of each improvement you make, however small, as a success.

BLOOD PRESSURE CATEGORY	SYSTOLIC MM HG (UPPER NUMBER)		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
Hypertension Crisis*	Higher than 180	and/or	Higher than 120

[illegible]

MY BLOOD PRESSURE LOG (CONT.)

[illegible]

SOURCE: American Heart Association. (2020, August). heart.org/bplevels

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