

Blood Pressure Record

411 West Tipton Street | Seymour, IN 47274
(812) 522-2349 | schneckmed.org

Blood Pressure Fluctuates

Consecutive readings usually differ; therefore, the best method to find your typical blood pressure is to average eight measurements taken over several days.

SYSTOLIC = maximum pressure in arteries when heart beats

DIASTOLIC = minimum pressure in arteries when heart relaxes between beats

**SYSTOLIC
OVER
DIASTOLIC**

NORMAL	BORDERLINE	HIGH
120 or LESS	120 to 140	140 or MORE
80 or LESS	80 to 90	90 or MORE

Blood Pressure Record

Date	Time	Sys- tolic	Dia- stolic	Heart Rate
TOTAL				
AVERAGE*				

* Calculate the average by adding each column and dividing by the total number of measurements recorded.

Healthy Blood Pressure

A pressure of 120/80 or lower is ideal. Pressures of 140/90 or above are considered high blood pressure and will increase your risk of heart attack and stroke.

Tips to lower your blood pressure:

- Maintain a healthy weight.
- Get regular, moderate physical activity such as walking.
- Eat foods low in fat, high in fiber, and adequate in calcium and potassium.
- Avoid or limit alcohol intake. Alcohol can increase blood pressure.
- Limit intake of salt and salty foods.

If you have any questions about blood pressure and how it affects your health, contact your primary care physician.