

		Blood Pressure		Glucose	Weight	Waist Circumference	BMI	Total Cholesterol	HDL	LDL	Triglycerides
Date	Time	Systolic	Diastolic								
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
Total of 10 Readings:											
Average											

Calculate your average blood pressure by adding each column and dividing by the number of blood pressure recordings

Blood Pressure	Normal	Prehypertension	Hypertension
Systolic	119 or lower	120-139	140 or above
Diastolic	79 or lower	80-89	90 or above

Systolic—maximum pressure in blood vessels when heart beats

Diastolic—minimum pressure in blood

vessels when heart relaxes between beats
 Blood pressure normally varies. Studies show that changes can range as much as 10-20 points within a few minutes. The average of repeated measurements over a period of time is the best indication of your blood pressure.