

BLOOD PRESSURE CHEAT SHEET

SYSTOLIC (UPPER NUMBER) / DIASTOLIC (LOWER NUMBER)

SYSTOLIC BELOW 100

SYSTOLIC ABOVE 200



NOT GOOD
CALL ME ASAP

NORMAL RANGE

100/70



130/80



MILDLY ELEVATED

130/80



140/90



MODERATE ELEVATION

140/90



160/100



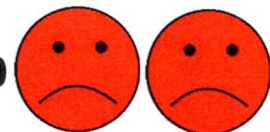
CALL THE OFFICE

SEVERE ELEVATION

160/100



180/110



PANIC LEVEL

180/110



220/120



CALL 911

OR

GO TO ER

CALL OFFICE
ASAP

NAME _____ DATE OF BIRTH _____

WEEK 1

[illegible]

WEEK 2

[illegible]

NAME _____ DATE OF BIRTH _____

WEEK 3

[illegible]

WEEK 4

[illegible]