BAYVIEW
PHYSICIANS GROUP
BayviewPhysicians.com

Name: _____

Birthdate: _____

Blood Pressure Record

What do blood pressure numbers indicate?	The higher (systolic) number is the pressure while the heart is beating. The lower (diastolic) number is the pressure when the heart is resting between beats.
What is a "normal" adult blood pressure reading?	Less than 140 over 90
When should you call your doctor?	A systolic pressure of 130 to 139 or a diastolic pressure of 85 to 89 should be watched carefully. Let your doctor know if your blood pressure is equal to or more than 140 over 90.

Date	Time	Blood Pressure	Pulse Rate	Comments