

Blood Pressure Health Check Log				
Date	Time	Blood Pressure	Heart Rate	Risk Appraisal
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Pre-Hypertension Range				
Stage		Systolic	Diastolic	
Optimal		<120	<80	
Pre-Hypertension		120-139	80-99	
Stage One		140-159	90-99	
Stage Two		160+	100+	
Health Risk				
Superior	<77	Very Low Risk		
Excellent	78-100	Low Risk		
Good	101-130	Satisfactory Risk		
Fair	131-185	Unsatisfactory Risk		
Poor	186-350	Poor Risk		
Very Poor	351+	Dangerous Risk		

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