Blood Pressure Health Check Log							
Date	Time	Blood Pressure		Heart Rate	Risk Appraisal		
		/					
		/					
		/					
		/					
		/					
		/					
		/					
Pre-Hypertension Range							
	Stage		Systolic		Diastolic		
	Optimal			120	<80		
Pre-Hypertension			120-139		80-99		
Stage One			140-159		90-99		
Stage Two		/O	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			

Blood Pressure Health Check Log						
Date	Time	Blood Pressure		Heart	Risk	
				Rate	Appraisal	
		/				
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		/				
		/				
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		/				
Pre-Hypertension Range						
Stage			Sys	stolic	Diastolic	
Optimal			<120		<80	
Pre-Hypertension			120-139		80-99	
Stage One			140-159		90-99	
Q 2	/O	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		

Blood Pressure Health Check Log						
Date T	Time	Blood Pressure		Heart	Risk	
Dute	111110			Rate	Appraisal	
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Pre-Hypertension Range						
Stage			Sys	stolic	Diastolic	
	Optimal	1	<120		<80	
Pre-	Hyperte	nsion	120-139		80-99	
Stage One			140-159		90-99	
	Stage Tw	/O	160+		100+	
Health Risk						
Superior		<77		Very Low Risk		
Excellent		78-100		Low Risk		
Good		101-130		Satisfactory Risk		
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Blood Pressure Health Check Log						
Date	Time	Blood		Heart	Risk	
	Time	Pressure		Rate	Appraisal	
		/				
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		/				
Pre-Hypertension Range						
	Stage		Sys	stolic	Diastolic	
	Optima	1	<120		<80	
Pre-	Hyperte	nsion	120-139		80-99	
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