

# Blood Pressure Recording Chart

2 weeks



Date	Time	Systolic (TOP)	Diastolic (Bottom)	Pulse	Notes

**Instructions:**

- Measure your blood pressure at the same time each day.
- Record systolic (top) and diastolic (bottom) numbers, and pulse.
- Note any relevant observations (e.g., after exercise, before medication, stress, etc.).
- Review your chart weekly to monitor trends.

# Blood Pressure & Pulse Reference Guide



## Blood Pressure Categories

Category	Systolic (mmHg)	Diastolic (mmHg)
Low	<90	<60
Normal	90-120	60-80
Elevated ( High-Normal)	121-139	81-89
Hypertension Stage 1	140-159	90-99
Hypertension Stage 2	>160	>100
Hypertensive Crisis	>180	>120

## Pulse (Heart Rate) Range

Category	Pulse ( Beats per minute)
Low	<60
Normal	60-100
High	>100

### Notes:

- Use the reference guide to check whether your readings are low, normal, or high.
- If readings are consistently outside the normal range, or if you have questions about medications, book a quick online consult with a registered pharmacist at Your Health Ally. All advice is within pharmacist scope, and we can refer you to your GP if necessary.
- Website: [www.yourhealthally.com.au](http://www.yourhealthally.com.au)

### References:

National Heart Foundation of Australia – <https://www.heartfoundation.org.au>

Hypertension Australia – <https://www.hypertension.org.au>

Mayo Clinic – <https://www.mayoclinic.org>