

Know your numbers	Systolic (mm/Hg) Pressure when your heart contracts	Diastolic (mm/Hg) Pressure when your heart relaxes between beats
Low	below 90	below 60
Healthy target	90-120	60-80
Raised	121-140	81-90
High - See your GP within a week	141-160	91-100
Very High - See your GP within two days	above 160	above 100

See GP!

See GP!

My blood pressure (BP) reading	Time of day	Date
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