

# Blood Pressure & Heart Rate Chart

Patient Name: \_\_\_\_\_ Blood Pressure: \_\_\_\_\_ Heart Rate: \_\_\_\_\_ Date: \_\_\_\_\_

American Heart Association



**69%**  
of Americans who have a first  
**HEART ATTACK**  
have blood pressure  
**OVER 140/90**



**74%**  
of Americans who have a first  
**CONGESTIVE HEART FAILURE**  
have blood pressure  
**OVER 140/90**



**77%**  
of Americans who have a first  
**STROKE**  
have blood pressure  
**OVER 140/90**

## Resting Heart Rate Chart For Men

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	49-55	56-61	62-65	66-69	70-73	74-81	82+
26-35	49-54	55-61	62-65	66-70	71-74	75-81	82+
36-45	50-56	57-62	63-66	67-70	71-75	76-82	83+
46-55	50-57	58-63	64-67	68-71	72-76	77-83	84+
56-65	51-56	57-61	62-67	68-71	72-75	76-81	82+
65+	50-55	56-61	62-65	66-69	70-73	74-79	80+

## Resting Heart Rate Chart For Women

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18-25	54-60	61-65	66-69	70-73	74-78	79-84	85+
26-35	54-59	60-64	65-68	69-72	73-76	77-82	83+
36-45	54-59	60-64	65-69	70-73	74-78	79-84	85+
46-55	54-60	61-65	66-69	70-73	74-77	78-83	84+
56-65	54-59	60-64	65-68	69-73	74-77	78-83	84+
65+	54-59	60-64	65-68	69-72	73-76	77-84	84+

## Blood Pressure Chart

Top number (systolic) in mm Hg		Bottom number (diastolic) in mm Hg	Your category*	What to do**
Below 120	and	Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
120-139	or	80-89	Pre-Hypertension	Maintain or adopt a healthy lifestyle.
140-159	or	90-99	Stage 1 Hypertension	Maintain or adopt a healthy lifestyle. If blood pressure goal isn't reached in about six months, talk to your doctor about taking one or more medications.
160 or more	or	100 or more	Stage 2 Hypertension	Maintain or adopt a healthy lifestyle. Talk to your doctor about taking more than one medication.

1. If your readings fall into two different categories, your correct blood pressure category is the higher category. For example, if your blood pressure reading is 125/95 millimeters of mercury (mm Hg), you have stage 1 hypertension.
2. Ranges may be lower for children and teenagers. Talk to your child's doctor if you're concerned your child has high blood pressure.
3. These recommendations address high blood pressure as a single health condition. If you also have heart disease, diabetes, chronic kidney disease or certain other conditions, you'll need to treat your blood pressure more aggressively.

### Doctor Recommendations:

ProArgi-9 Plus: \_\_\_\_\_ Cans/Boxes \_\_\_\_\_ Servings \_\_\_\_\_ Morning \_\_\_\_\_ Afternoon \_\_\_\_\_ Just before bed