



## Know your numbers



	Top number <b>Systolic</b>	Bottom number <b>Diastolic</b>
Low BP	Less than 90	Less than 60
Normal BP	90 - 120	60 - 80
High-Normal BP	120 - 140	80 - 90
High BP	140 and above	90 and above

Learn more, visit

[www.frimleyhealthandcare.org.uk/bloodpressure](http://www.frimleyhealthandcare.org.uk/bloodpressure)

Use this table to record the date, time  
and your blood pressure reading.

Date	Time	Reading