

HEART RATE FOR MEN

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18 - 25	49 - 55	56 - 62	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+

Data from: American Heart Association

HEART RATE FOR WOMAN

Age	Athletes	Excellent	Good	Above Ave.	Ave.	Below Ave.	Poor
18 - 25	54 - 60	62 - 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	62 - 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+

Data from: American Heart Association

HOW TO WRITE YOUR RECORDS

Week 29 Aug - 04 Sept Weight 95.47 kg

Time	Syst	Dias	B.P.M	Notes
a.m 9	115	75	98	CHANGED MEDICATION
a.m 11	118	79	100	DRINKED COFFEE
p.m 15	112	74	92	TOOK A NAP
p.m 18	120	82	105	BAD NEWS HEARD
a.m				
a.m				
p.m				

BLOOD PRESSURE CATEGORIES

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (Upper Number)	...	DIASTOLIC mm Hg (Lower Number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATE	120 - 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 - 139	or	80 - 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (CALL DOCTOR)	HIGHER THAN 180	and/or	HIGHER THAN 120

Data from: American Heart Association

HOW TO CONTROL HIGH BLOOD PRESSURE

- Weight Control:** Strive for a body mass index (BMI) between 18.5 and 24.9.
- Regular Exercise:** Aim for at least 90 to 150 minutes of aerobic and/or dynamic resistance exercise per week.
- Eat Healthier:** Eat lots of fruit, veggies and low-fat dairy, and less saturated and total fat.
- Reduce Sodium:** Ideally, stay under 1,500 mg a day, but aim for at least a 1,000 mg per day reduction.
- Limit Alcohol:** Drink no more than 1-2 drinks a day. (One for most women, two for most men.)

PERSONAL INFO

Name _____
 Date of Birth _____
 Phone Number _____
 Address _____

Blood Group _____
 Weight _____
 Height _____

DOCTOR'S INFO

Name _____
 Medications _____
 Hospital Address _____

Phone Number _____
 Email _____

EMERGENCY CONTACT

Name _____
 Relationship _____
 Address _____

Phone Number _____

BLOOD PRESSURE LOG BOOK

