Blood Pressure Health Check Log						
Date	Time	Blood Pressure		Heart Rate	Risk Appraisal	
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		/				
		/				
		/				
		/				
Pre-Hypertension Range						
Stage			Sys	stolic	Diastolic	
Optimal			<120		<80	
Pre-	Hyperte	nsion	120-139		80-99	
Stage One			140-159		90-99	
Stage Two		/O	160+		100+	
Health Risk						
Superior		<77		Very Low Risk		
Excellent		78-100		Low Risk		
Good		101-130		Satisfactory Risk		
Fair		131-185		Unsatisfactory Risk		
Poor		186-350		Poor Risk		
Very Poor		351+		Dangerous Risk		

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		/				
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Stage			Sys	stolic	Diastolic	
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,	Stage On	ie	140-159		90-99	
Stage Tw		7O	160+		100+	
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	Time	Pressure		Rate	Appraisal	
		/				
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