



Classification of blood pressure for adults

Category	systolic, mmHg	diastolic, mmHg
Hypotension	< 90	or < 60
Normal	90 – 119	and 60 – 79
Prehypertension	120 – 139	or 80 – 89
Stage 1 Hypertension	140 – 159	or 90 – 99
Stage 2 Hypertension	≥ 160	or ≥ 100

Total Loss To-Date: 0 lbs

Date	Scale	Gain/Loss	Var To		Blood Pressure					
			Goal	Goal	Exercise	Systolic	Diastolic	Breakfast	Lunch	Din
1/1/2009	200.0		200.0							
1/2/2009			199.7							
1/3/2009			199.4							
1/4/2009			199.1							
1/5/2009			198.8							
1/6/2009			198.5							
1/7/2009			198.2							
1/8/2009			197.9							
1/9/2009			197.6							
1/10/2009			197.3							
1/11/2009			197.0							
1/12/2009			196.7							
1/13/2009			196.4							