

Check Your Blood Pressure



Systolic: _____

Diastolic: _____

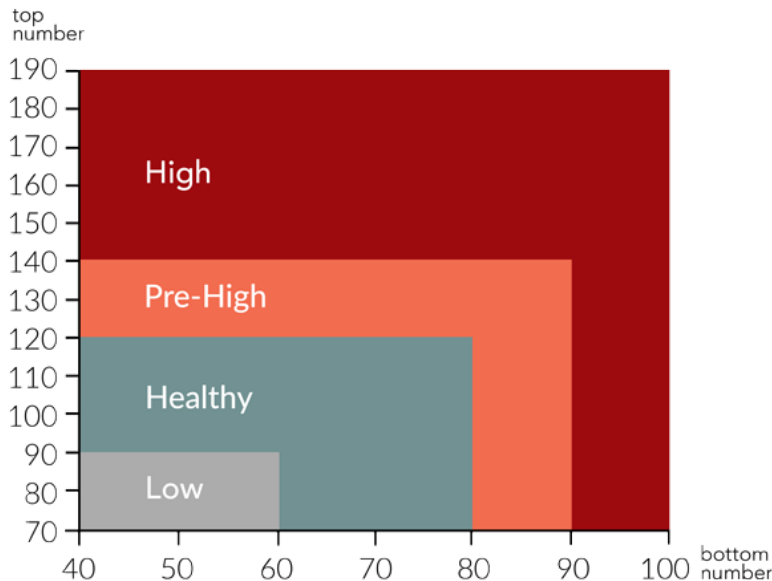
Date: _____

Systolic Blood Pressure:

pressure your blood is exerting against your artery walls when the heart beats.

Diastolic Blood Pressure:

pressure your blood is exerting against your artery walls while the heart is between beats.



Normal blood pressure ranges are below 120/80.

If you have any questions about your BP reading, please contact Wellness@WKKF.org