



DR. GOLD'S OPTIMAL LIVING INSTITUTE

Name: _____ Cell Phone: _____ DOB: _____

Date	Blood Pressure	Resting Heart Rate

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	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 (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Target Heart Rate by Age (Source: American Heart Association)	
Age	Heart Rate (Beats Per Min)
6 – 10 years of age	70-110
11-14 years of age	60-105
15 years or older	60-100

[https://www.medicinenet.com/what is a good heart rate for my age/article.htm](https://www.medicinenet.com/what_is_a_good_heart_rate_for_my_age/article.htm)

How do you know your heart rate?

A good heart rate differs from individual to individual, and it depends upon your age and the kind of physical work you do.

Your **heart** rate is a measure of how fast your heart beats and is also an important indicator of good health. Your doctor will always make it a point to measure your heart rate whenever you visit him for your routine health checkup or any health-related problem.

While the heart rate is routinely examined by your doctor, you can also measure your heart rate. With the help of your middle finger and index finger, you have to first try to feel and locate your pulse at any of the following places:

- Wrist
- The inner side of your elbow
- The base of the toe
- The side of your neck

The wrist is the most commonly used and convenient place to check your heart rate. Once you locate the pulse on your wrist, you have to gently press on it for 60 seconds and count the beats. This is how you will know your heart rate, which will be in beats per minute.