

Normal Blood Pressure and Pulse Rate Chart

Hospital/Clinic Information

- Name: _____
- Address: _____
- Phone: _____
- Email: _____
- Prepared by: _____

Age Group

Age Group	Normal Systolic BP (mm Hg)	Normal Diastolic BP (mm Hg)	Normal Pulse Rate (beats/min)
18-29	110-120	70-80	60-100
30-39	110-130	70-85	60-100
40-49	110-130	70-85	60-100
50-59	115-135	70-85	60-100
60+	115-140	70-90	60-100

How to Use This Chart

1. **Measure Blood Pressure:** Use a sphygmomanometer to measure systolic and diastolic blood pressure.
2. **Measure Pulse Rate:** Check the pulse either manually or using a pulse meter.
3. **Compare with Chart:** Match the measured values to the corresponding age group in the chart.
4. **Interpret Results:** Identify if the measurements fall within the normal range.
5. **Seek Medical Advice if Necessary:** Consult a healthcare provider if readings are outside the normal range.

Important Considerations:

- Blood pressure and pulse rate can vary with physical activity, stress, rest, and other factors.
- Regular monitoring is essential, especially for individuals with known cardiovascular risks.
- This chart is a general guide. Only a healthcare professional can provide a comprehensive health assessment.

Additional Notes: