

“Connecting to Wellness” Cheat Sheet

1 Corinthians 6:19-20

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body.

CARDIO TEST - BP

Blood Pressure: _____ / _____

Blood Pressure can be done at our office. See graphs about BP below:

Blood Pressure Category	Systolic (top #) (mm Hg)		Diastolic (bottom #) (mm Hg)
Normal	less than 120	and	less than 80
Prehypertension	120–139	or	80–89
High			
Stage 1	140–159	or	90–99
Stage 2	160 or higher	or	100 or higher

If your BP is greater than 140/99 score yourself a 1. 120-139/80-89 your score is a 2. Less than 120/less than 80 give yourself a 3.

Greater than 140/99

120-139/80-89

Less than 120/80

1 SICKNESS · CRISIS	2 AVERAGE	3. PREVENTION · WELLNESS
www.connectingtowellness.com		

RE-EVALUATE

30 DAYS 45 DAYS 90 DAYS 120DAYS 1/2 YEAR __ YEAR

DATE _____ NAME _____

BP TEST	SCORE	
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