

What Are Your Numbers?

Directions: Please answer the following questions to the best of your ability.

1. What was your last blood pressure reading?

2. What are your blood pressure goals?

3. What can raise your blood pressure?

4. What are some things you can do to help control your blood pressure?

5. Of the two images below depicting blood pressure readings, which blood pressure reading is considered a normal blood pressure reading?



A.



B.