

**Resting Heart Rate**

**Norms for Resting Heart Rate**

	Men	Women
Excellent	<55	<59
Good	56-61	60-64
Above Average	62-65	65-68
Average	66-71	69-71
Below Average	72-76	72-77
Poor	77-83	78-83
Very Poor	>84	>84

**Blood Pressure Test**

**Blood Pressure**

	Diastolic		Systolic
Normal	<85	Normal	<130
High Normal	85-89	High Normal	130-139
Mild Hypertension	90-99	Mild Hypertension	140-159
Moderate Hypertension	100-109	Moderate Hypertension	160-179
Severe Hypertension	>109	Severe Hypertension	>179