Blood pressure chart:

- Less than 120/80: Optimal blood pressure
- 120-129/80-89: Good blood pressure
- 130-139/90-99: Slightly increased blood pressure
- 140-159/100-109: Increased (high) blood pressure
- More than 160/110: Severe arterial hypertension

Levels:
- Perfect
- Good
- Poor
- Seek medical advice