

<b>SUNDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> High blood pressure is a risk factor for heart disease, kidney disease and stroke.						
<b>MONDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Rest for 10 minutes before you take your blood pressure reading.						
<b>TUESDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Make sure you wait 5 minutes before taking a second reading.						
<b>WEDNESDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Optimal blood pressure is 115/75.						
<b>THURSDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Blood pressure is the force exerted by blood against the walls of the arteries.						
<b>FRIDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Systolic pressure occurs when the heart contracts.						
<b>SATURDAY</b>	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
<b>NOTES/TIPS:</b> Diastolic pressure occurs when the heart expands.						
<b>WEEKLY NOTES:</b>						
S = Systolic    D = Diastolic						

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## Blood Pressure Monitors

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Check your weight and body mass.

