

SUNDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Make sure you are sitting down with your arm at a 90° angle.						
MONDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading.						
TUESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading.						
WEDNESDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Optimal blood pressure is 120/80.						
THURSDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Blood pressure is the force exerted by blood against the walls of the arteries.						
FRIDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Systolic pressure occurs when the heart contracts.						
SATURDAY	S	PULSE	S	PULSE	S	PULSE
	D		D		D	
		AM/PM		AM/PM		AM/PM
NOTES/TIPS: Diastolic pressure occurs when the heart expands.						
Weekly Notes: High blood pressure is a risk factor for heart disease, kidney disease and stroke. S = Systolic D = Diastolic						

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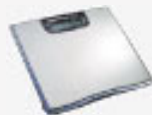
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