Blood Pressure Diary

heart sure

Date	3/1	4/1																														
Time	7:15 am	7:25 am																														
Systolic (higher reading)	198	191																														
Diastolic (lower reading)	99	93																														
Pulse	81	76																														

	Example																															
Over 250																																
240																																
230																																
220																																
210																																
200	Systolic																															
190	X	X																														
180																																
170																																
160																																
150																																
140																																
130																																
120																																
110	Diastolic																															
100																																
90	X	X																														
80																																
70	●	●																														
60	Pulse																															
Below 50																																