Blood Pressure Diary

OMRON

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																													
Irregular Heartbeat Detected?	No	No																													

Example

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