

# LifeSource™ Blood Pressure Log: Week of \_\_\_\_ - \_\_\_\_ - \_\_\_\_

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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