

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.						
<p>Weekly Notes: High blood pressure is a risk factor for heart disease, kidney disease and stroke.</p> <p>S = Systolic D = Diastolic</p>						

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