

Blood Pressure Tracker Log

Name _____

	Systolic	Diastolic
Target blood pressure*	120	80

	Systolic	Diastolic
Call physician if above		

Physician phone number _____

* National Institutes of Health standard

Date	Time	Systolic	Diastolic	Heart Rate	Comments
11/1/06	Morning	129	79	72	
11/1/06	Evening	133	80	75	
11/2/06	Morning	142	86	70	
11/2/06	Evening	141	84	68	
11/3/06	Morning	137	84	70	
11/3/06	Evening	139	83	72	
11/4/06	Morning	140	85	78	
11/4/06	Evening	138	85	69	
11/5/06	Morning	135	79	75	
11/5/06	Evening	136	81	72	
11/6/06	Morning	137	83	69	
11/6/06	Evening	138	85	66	
11/7/06	Morning	135	80	67	
11/7/06	Evening	142	85	72	

Sample Blood Pressure Report

Shasha Hu



Sample Blood Pressure Report:

Unveiling the Magic of Words: A Overview of "**Sample Blood Pressure Report**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Sample Blood Pressure Report**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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