

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

DP Hallahan



Sample Blood Pressure Report:

Sample Blood Pressure Report: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have charmed audiences this year. Sample Blood Pressure Report : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has gripped readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Sample Blood Pressure Report : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Sample Blood Pressure Report : Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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