

# Blood pressure record

Starting on: \_\_\_\_\_

Ending on: \_\_\_\_\_

**Note:** Always perform at least 3 consecutive measurements and calculate average value. Take 5 minute break between measurements. Calibrate your BP monitor frequently. Consult blood pressure chart to assess your results.

For more information, see: <http://healthiack.com>

Date:	Day:	At:	Systolic value [mmHg]	Diastolic value [mmHg]	Heart beat [BPM]

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