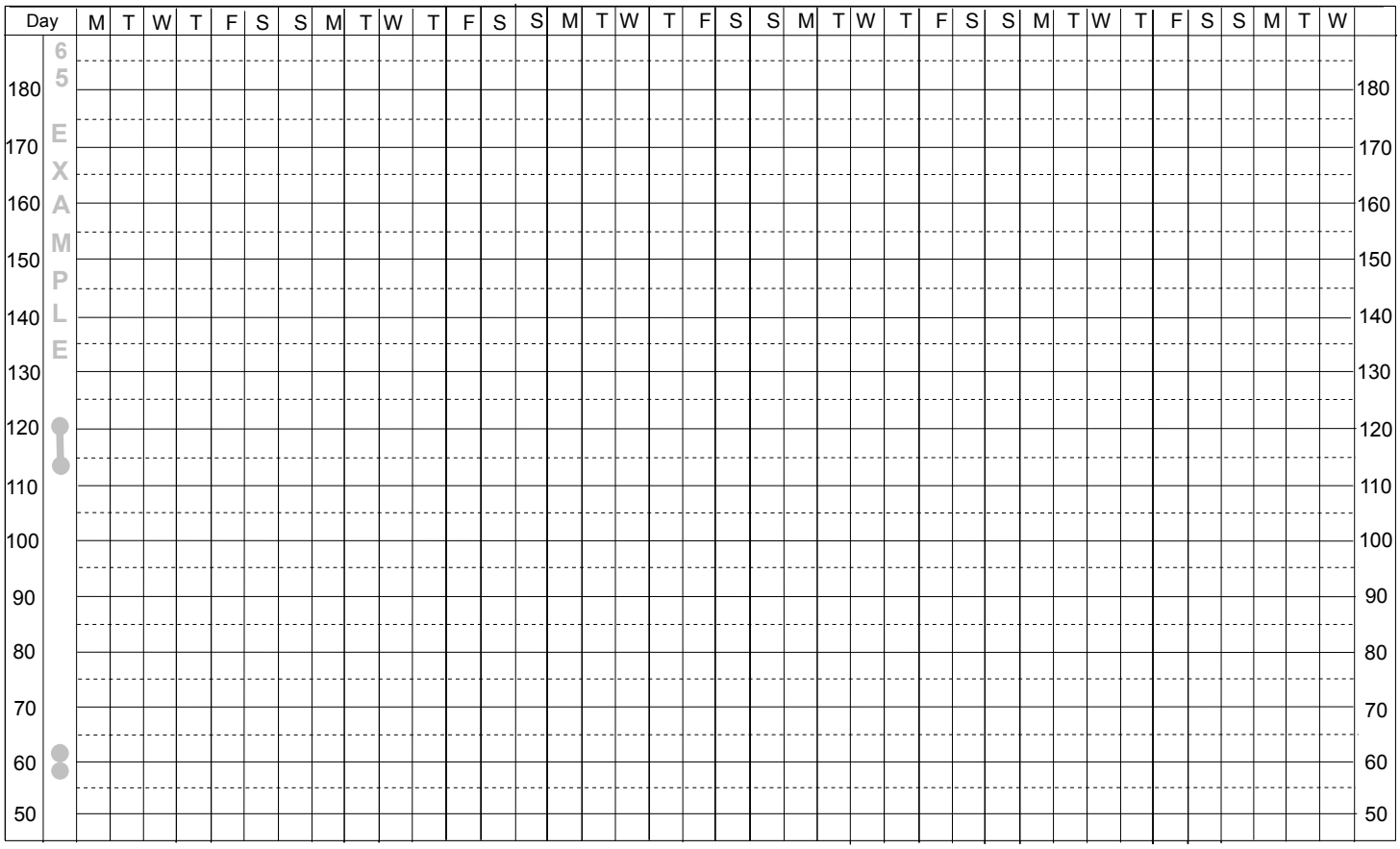
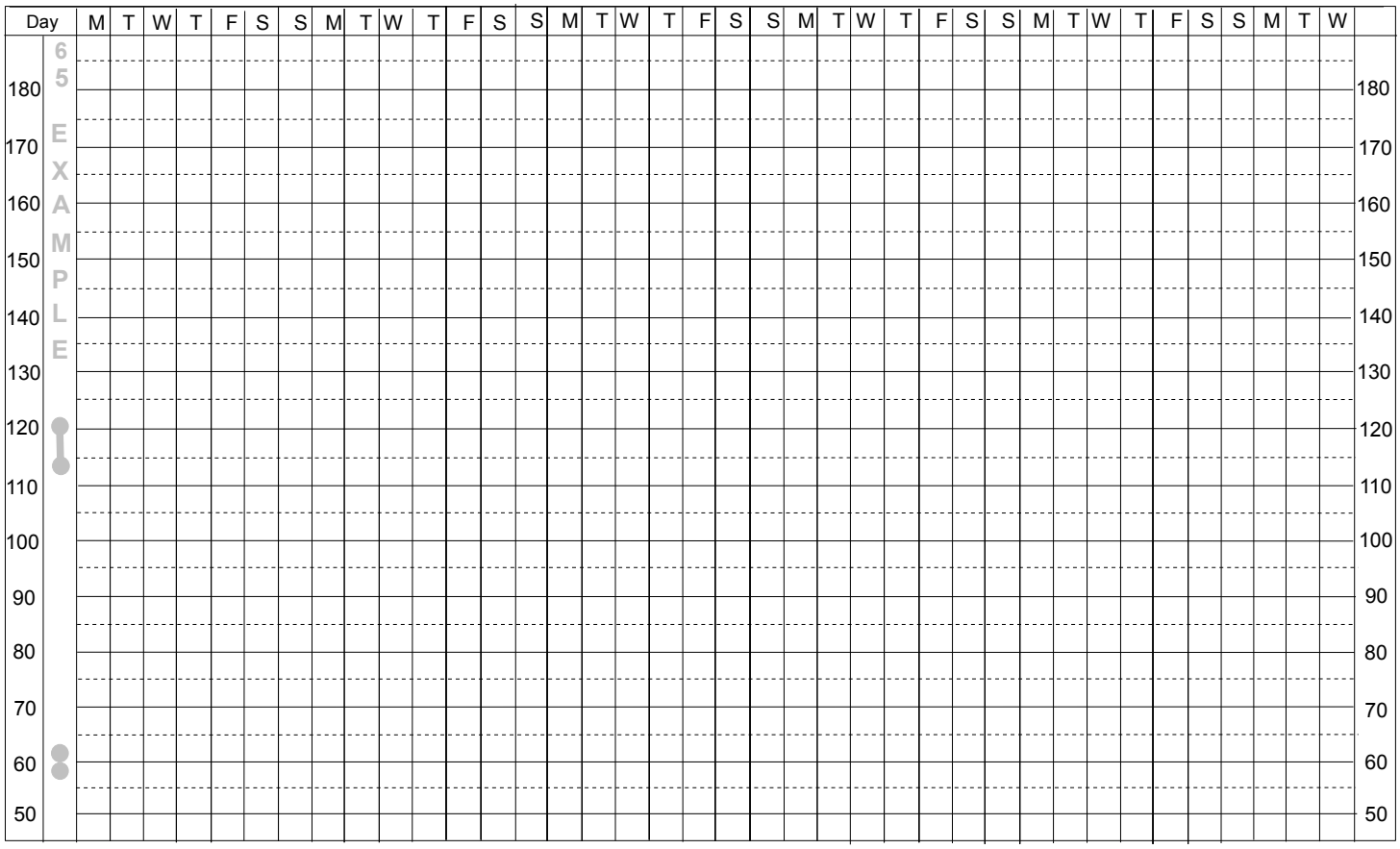
Name: _____ Date started __/__/__

Time readings taken _____ 8AM, morning etc



Time readings taken_____ 8AM, morning etc



In the column for the day of the week place a mark for the systolic and the diastolic readings. If you take multiple readings at one sitting join all the diastolic and join all the systolic readings. If you take readings at regular times of the day use a different panel for each regular time. If you wish to record your pulse place it at the top. See the example. users.tpg.com.au/pschamb/blood.html

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