A&D Medical Blood Pressure Log: Week of _____- ____-

SUNDAY D D AM/PM NOTES/TIPS: Make sure you are sitting down with your arm at a 90° angle. S PULSE D D AM/PM NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading. S PULSE D D AM/PM NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading. S PULSE S D D AM/PM NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading. S PULSE S D AM/PM NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading. S PULSE S D AM/PM NOTES/TIPS: Optimal blood pressure is below 120/80.	_	PU	JLSE	0	PULSE	0	PULSE
AM/PM	I IN ID AND	5		S	-	S	-
NOTES/TIPS: Make sure you are sitting down with your arm at a 90° angle. S	UNDAY			D		D	
S	_	 		tting down with your arn	1	l nale	AM/PM
NONDAY		TOTES THE S. Make date you	u u o o	ang domi mai your am	ir at a co ai	.910.	
NONDAY		PII	IISE		PHISE		PULSE
NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading. S	-	S	JLUL	S	1 0202	S	- 1000
NOTES/TIPS: Rest for 10 minutes before you take your blood pressure reading. S PULSE S D D D D D D D D D D D D D D D D D D		D		D		D	
S	MONDAY			oforo vou taka vour bla		rooding	AM/PM
TUESDAY D		NOTESTIFS. Rest for 10 minutes before you take your blood pressure reading.					
TUESDAY					D 05	I	B 05
AM/PM AM/PM AM/PM NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading. S		S	JLSE	S	PULSE	S	PULSE
NOTES/TIPS: Make sure you wait 15 minutes before taking a 2nd reading. S	THESDAY	D		D		D	
S							AM/PM
S		NOTES/TIPS: Make sure you	u wait 1	5 minutes before taking	a 2nd readi	ng.	
NEDNESDAY							
AM/PM		S	JLSE	S	PULSE	s	PULSE
AM/PM		D		D		D	
S	DNESDAY -		и/РМ		AM/PM		AM/PM
THURSDAY S D D D AM/PM AM/PM AM/PM	1						
THURSDAY S D D D AM/PM AM/PM AM/PM							
THURSDAY D D D		S PU	JLSE	S	PULSE	S	PULSE
THURSDAY AM/PM AM/PM	THURSDAY						
			A/DM	ט	AM/DM	U	AM/PM
		 		force exerted by blood	1	l walls of the arteries.	AW/FW
O PULSE O PULSE O F		PU	JLSE	0	PULSE	0	PULSE
S PULSE S PULSE S	_				_		_
FRIDAY D D	RIDAY _	D		D		D	
AM/PM AM/PM AM/PM NOTES/TIPS: Systolic pressure occurs when the heart contracts.				curs when the heart con			AM/PM
The FEG. The c. Systems procedure designs and most the field continued.		TO TEST IN S. Systems proses		are when the heart com			
						T	
S PULSE S PULSE S		S PU	JLSE	S	PULSE	S	PULSE
D D D	CATURDAY	D		D		D	
AM/PM AM/PM AM/PM	TUDD AV	 			1		AM/PM
NOTES/TIPS: Diastolic pressure occurs when the heart expands.	TURDAY -	NOTES/TIPS: Diastolic pressure occurs when the heart expands.					
	TURDAY -	NOTES/TIPS: Diastolic press					
	TURDAY -	NOTES/TIPS: DIASTOLIC PRESS					

Visit
www.aandd.jp
for more

A&D Medical products

Blood Pressure Monitors

Histgram display for closer monitoring



Wrist Monitors



Great for Travel!

Personal Health Scales



Check your weight and body mass.

Thermometers

Precise temperature measurement



And more...

World Health Organization Blood Pressure Classification Chart



