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DATE	TIME	BP	PULSE	BP is expressed numerically
/ /2008	: M	/	P	Systolic/Diastolic
/ /2008	: M	/	P	Systolic is the pressure pushing
/ /2008	: M	/	P	Diastolic is the resting pressure
/ /2008	: M	/	P	To be safe check with your
/ /2008	: M	/	P	healthcare professional
/ /2008	: M	/	P	For any pressure that is not normal
/ /2008	: M	/	P	Time AM or PM
/ /2008	: M	/	P	TYPE / Systolic Range
/ /2008	: M	/	P	Normal / (less than) <120
/ /2008	: M	/	P	Pre Hyper / 120-139
/ /2008	: M	/	P	Stage 1 / 140-159
/ /2008	: M	/	P	Stage 2 / 160+higher
/ /2008	: M	/	P	
/ /2008	: M	/	P	TYPE / Diastolic Range
/ /2008	: M	/	P	Normal / (less than) <80
/ /2008	: M	/	P	Pre Hyper / 80-89
/ /2008	: M	/	P	Stage 1 / 90-99
/ /2008	: M	/	P	Stage 2 / 100+higher
/ /2008	: M	/	P	P=your pulse rate
/ /2008	: M	/	P	not required but may be of interest
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	
/ /2008	: M	/	P	

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