

Daily Chart Entries

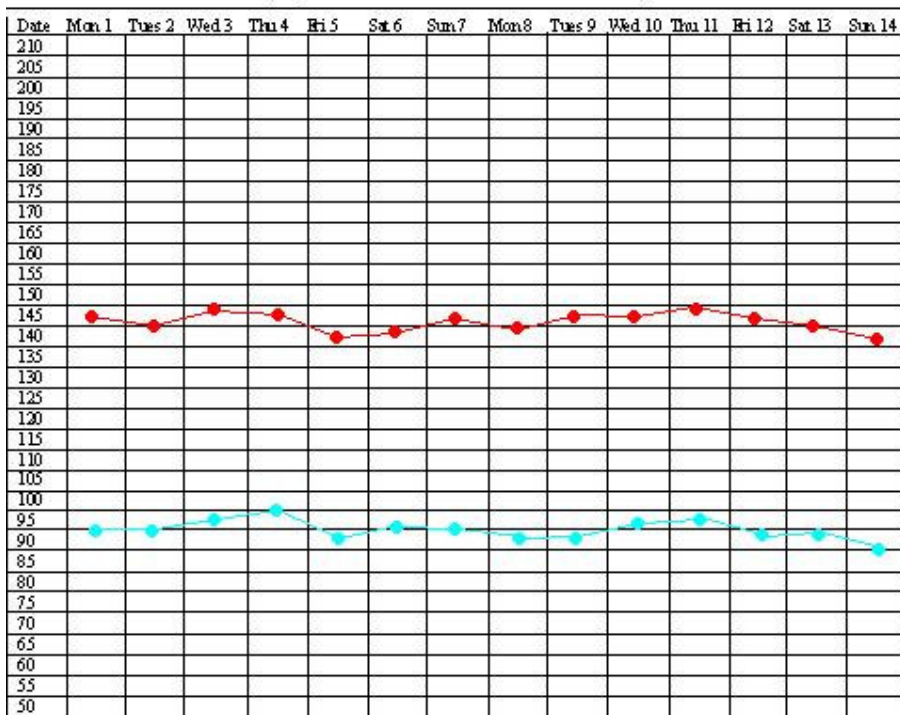
First, get familiar with the different levels on the chart, then, when you are plotting your scale you will see a day to day or week to week pattern developing. This pattern, if it takes an unusual dip or peak, will notify you to take action as symptoms of high blood pressure usually are too subtle to notice or don't exist. Comparing your results with the blood pressure reading chart will help you to keep check.

If you want to check the blood pressure of any teenager or young children, your doctor is the best person to do this as diagnosing blood pressure in teens and children can be a complicated procedure.

Sample:

Daily Chart Reading

(High/Normal Blood Pressure under 140/90)



● Systolic

● Diastolic