

BLOOD PRESSURE & PULSE RECORD

CLIENT: _____

Ideal Readings for Age:				Warning - Adults Readings				
Systolic	Dias	stolic	Pulse		Systolic or Below	Diasto 65 or B		Pulse 60 or Below
DATE	TIME	READINGS		Ρ	ACTIONS TO		EVALUATION	
	(AM/PM)	B. P.	PULSE		IMPROVE			
 will ind Pulse R Submit evaluat Pulse r reading P Colu each re down r Please Action 	icate how often w eadings at least or updated Chart p ions AND before yo number is pulse to mm – There are th eading: SI = Sitt unless asked to a put the page num s to Improve: R	hen on supplen rior each Rep our Progress R aken for 60 seco ree positions fo ing, SD = Stan Iso record rea ber in lower-le ecord any speci	nents. Otherwise, ort of Findings eporting Telepho onds. You may al r taking Blood Pre nding or D = D dings for other p eft corner. ific actions to imp	for pre Telepho ne Cons so take ssure an eclined position	ventive purposes, one Consultation ultations. pulse for 15 secon nd Pulse. Use the (lying down). is, as well as sitt ur Blood Pressure	use this chains scheduled to nds and multip following lett However, a l ting. that you have	rt to take discuss ole times ers to inc lways ta e done on	Yor pulse. Dr. Smith e Blood Pressure and updated testing and 4 to get a 60-second dicate the position for ike readings sitting in your own or due to d the effect of your

Pg_

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