

Name: _____

Date	BP Laying	Pulse Rate	BP Standing 1 Min	Pulse Rate	BP Standing 3 Min	Pulse Rate	BP Standing 5 Min	Pulse Rate	BP Standing 10 Min	Pulse Rate	Pulse Rate Change	Systolic Change	Diastolic Change
O ₂													
Weight													
O ₂													
Weight													
O ₂													
Weight													
O ₂													
Weight													
O ₂													
Weight													
O ₂													
Weight													

Blood Pressure Readings: Please do 3 x a week, 10-minute blood-pressure and pulse readings. If you do not have a blood pressure cuff, buy an electric one from your drug store. **Omron** is a good brand. Make sure that you do this in a quiet place, free of distraction. You must lie down for 3 minutes before taking the first reading. Then, stand up, start a timer, and do blood pressure and pulse readings at the 1,3-,5- and 10-minute intervals. You must be free-standing and not leaning on any furniture and you must be standing still without talking to anyone during this process. It is best to get your blood pressure readings in the morning before eating and/or drinking. Please complete this form, **add up the difference between the pulse rate, systolic and diastolic in the columns provided in the end column of the form and send back to us as soon as possible.**