

## **BLOOD PRESSURE & PULSE RECORD**

<b>CLIENT:</b>	

Ideal Readings for Age:					Warning - Adults Readings				
			stolic Pulse		Systolic 110 or Below		Diastolic		Pulse 60 or Below
DATE	TIME (AM/PM)		REA	ADINGS	Р	ACTIONS TO IMPROVE			
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## **Instructions:**

- 1. Always take readings when on any drug or supplement that has an effect on blood pressure and/or pulse. Dr. Smith will indicate how often when on supplements. Otherwise, for preventive purposes, use this chart to take Blood Pressure and Pulse Readings at least once a month.
- 2. Submit updated Chart prior each **Report of Findings** Telephone Consultation scheduled to discuss updated testing and evaluations AND before your **Progress Reporting** Telephone Consultations.
- 3. Pulse number is pulse taken for 60 seconds. You may also take pulse for 15 seconds and multiple times 4 to get a 60-second
- 4. P Column There are three positions for taking Blood Pressure and Pulse. Use the following letters to indicate the position for each reading: SI = Sitting, SD = Standing or D = Declined (lying down). However, always take readings sitting down unless asked to also record readings for other positions, as well as sitting.
- 5. Please put the page number in lower-left corner.
- **6. Actions to Improve:** Record any specific actions to improve your Blood Pressure that you have done on your own or due to professional advice, like exercise, Chi Machine, Dietary Change and in the **Evaluation Column,** record the effect of your Lifestyle or Dietary Action.