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Monitoring Your Blood Pressure (BP)

1. Make sure you have been resting at least 5-10 minutes prior to taking your blood pressure.
2. Keep your arm relaxed, at least at the level of your heart.
3. Check the same time each day.
4. Normal BP: $\frac{120 - 135}{80 - 85}$

Date & Time	Systolic BP (top #)	Dystolic BP (bottom #)	Pulse	Time of last BP medication dose