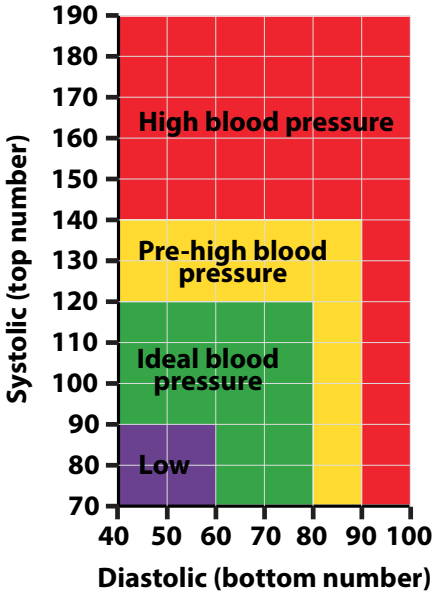
Blood Pressure Monitor

Self Test Log Book



Blood Pressure Category	Systolic (mmHg)	Diastolic (mmHg)
Low	less than 90	less than 60
Normal	90-119	60-79
Pre-High (Pre-Hypertension)	120-139	80-89
High (Hypertension)	140 or higher	90 or higher

Date	Time	SYS Systolic	DIA Diastolic	Pulse	Category	Comments