

Dr. Rosenthal's 7 DAY blood pressure chart

		RIGHT				LEFT			
Date	Time	Heart rate	Systolic	Diastolic	Pulse pressure	Heart rate	Systolic	Diastolic	Pulse Pressure
Day 1	AM								
	PM								
Day 2	AM								
	PM								
Day 3	AM								
	PM								
Day 4	AM								
	PM								
Day 5	AM								
	PM								
Day 6	AM								
	PM								
Day 7	AM								
	PM								
Average		Heart rate	Systolic	Diastolic	Pulse pressure	Heart rate	Systolic	Diastolic	Pulse Pressure

Take your blood pressure and heart rate twice daily on both arms for 7 days. Pulse pressure is the difference between systolic and diastolic pressure. Systolic is the top number in blood pressure. Diastolic pressure is the bottom number. Pulse pressure is the difference between systolic & diastolic pressure. After completion please send the file to Dr. Rosenthal prior to your next office visit for analysis. www.DRFunctionalNeurology.com