BLOOD PRESSURE & HEART RATE

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Instructions: Sit upright (for at least 8 minutes) before taking pulse or blood pressure. Do not talk while either is being measured. **For blood pressure**, please use blood pressure monitor or cuff (most also take pulse as well). Place your arm out to the side, wrist up, and rest it on something so that your arm is relaxed and not tense. Start monitor and record numbers in the appropriate columns. **To manually measure heart rate**, find your pulse in your wrist or on your neck. Count the beats for 20 seconds, multiply that number by 3 [number of beats for 20 seconds x 3 = heart rate beats per minute]. Enter that number in the "Heart Rate" column.

Date	Time	Systolic Pressure (First Number)	Diastolic Pressure (Second Number)	Heart Rate (Beats/Min)

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