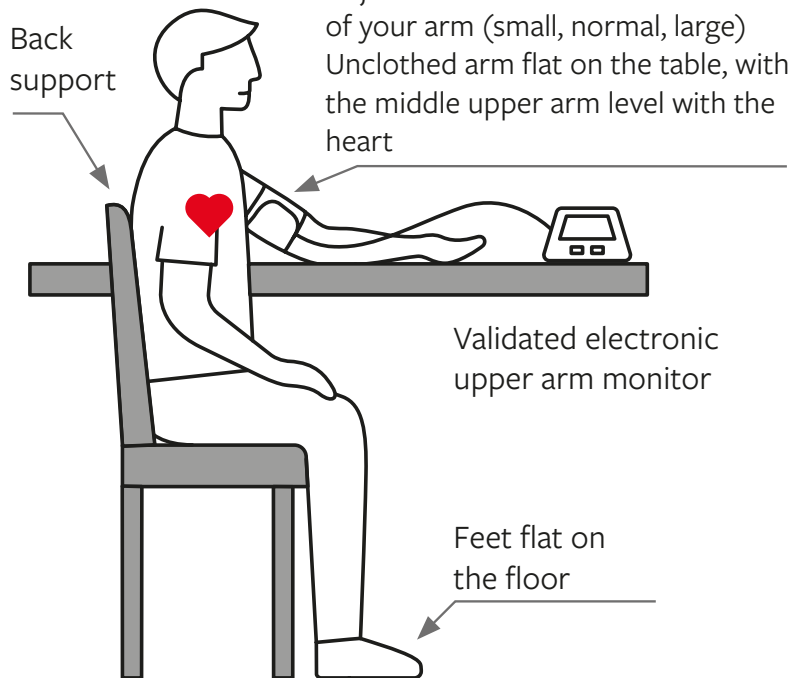


# My blood pressure diary

Name: \_\_\_\_\_



Do not smoke, drink coffee, eat food or do any exercise for 30 minutes beforehand



Quiet environment



Pleasant temperature



5 minutes' rest before measuring



Do not talking during and between the measurements

