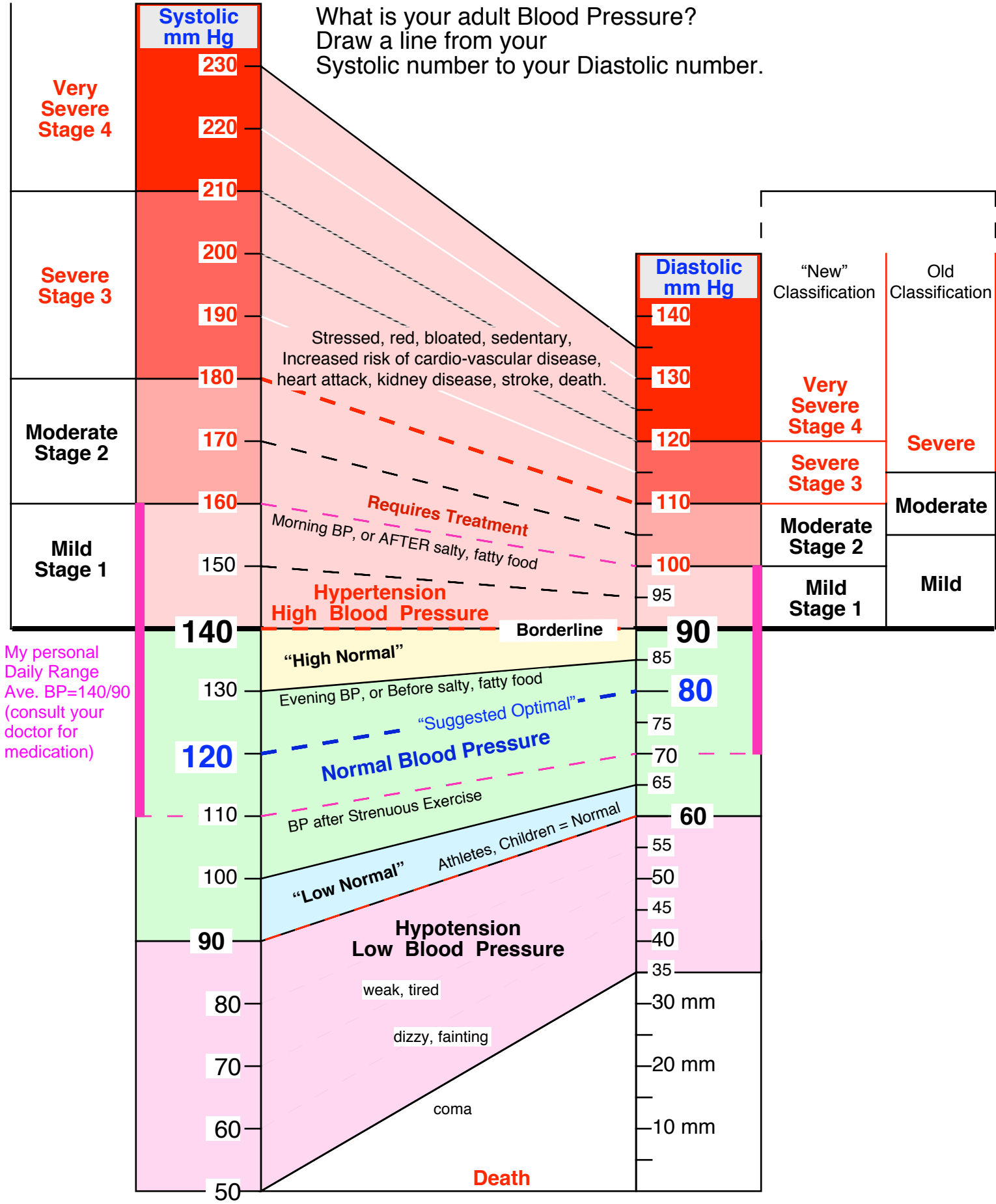


Blood Pressure Chart

What is your adult Blood Pressure?
Draw a line from your Systolic number to your Diastolic number.



My personal Daily Range Ave. BP=140/90 (consult your doctor for medication)