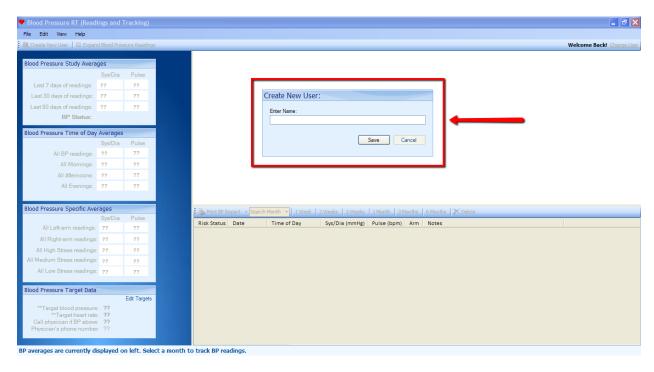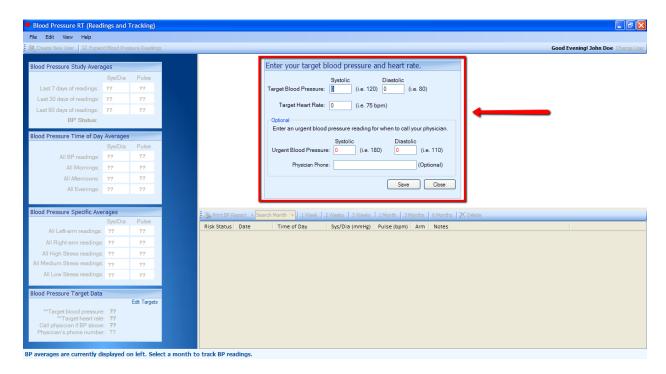# Blood Pressure RT Quick Reference
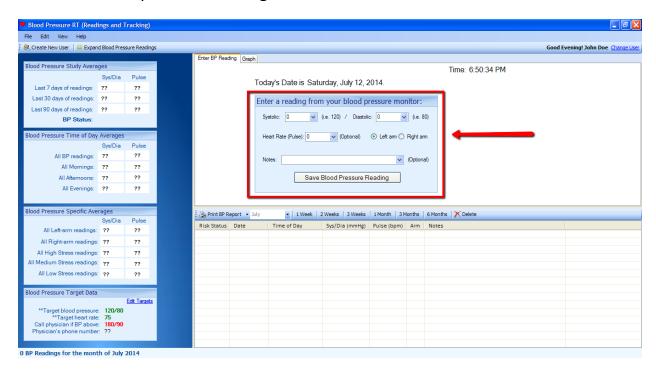
1. Enter a name:

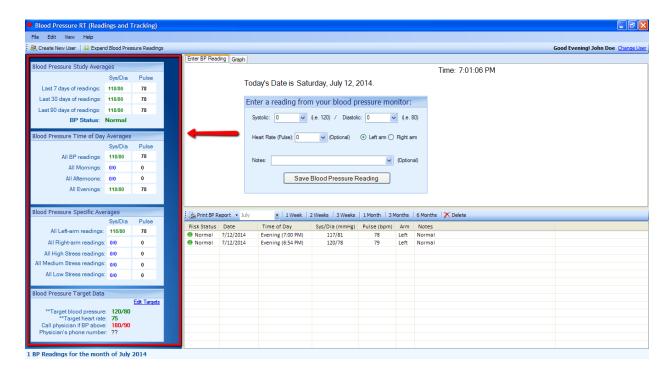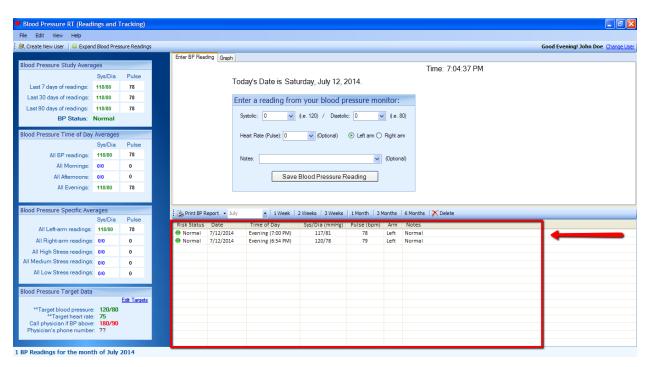## 2. Enter your target blood pressure and heart rate:

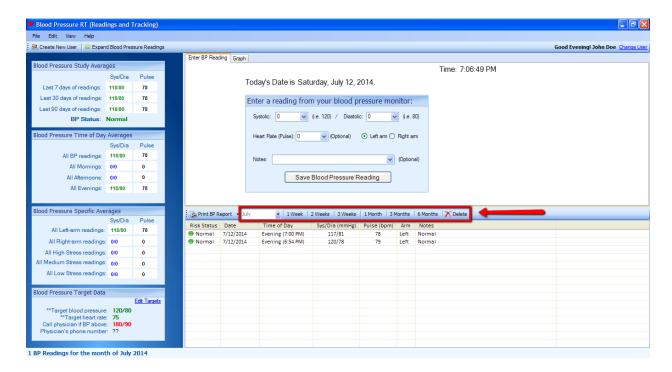## 3. Enter a blood pressure reading:

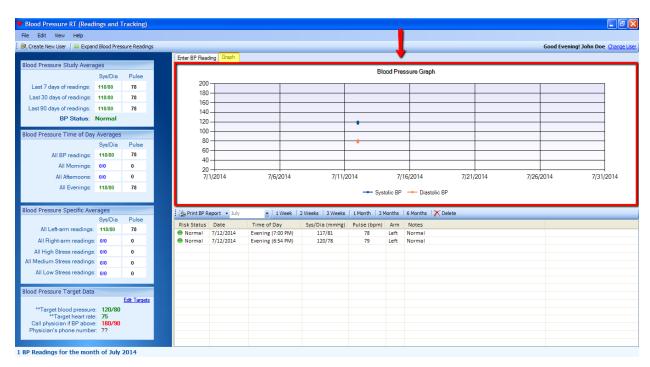## 4. View blood pressure averages and statistics:
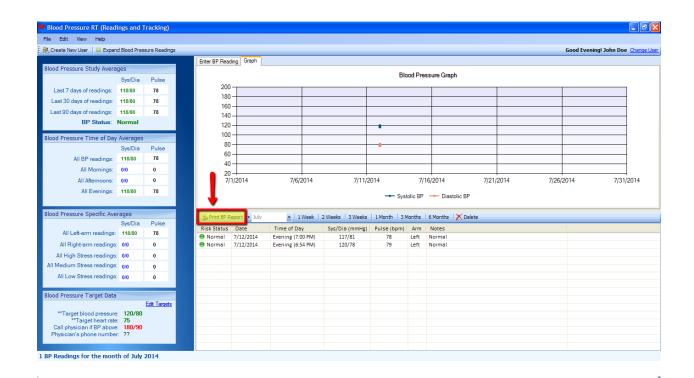
5. View blood pressure readings:

6. Track blood pressure readings (by month, 1 week, 2 weeks, 3 weeks, 1 month, 3 months, and 6 months):

7. View blood pressure graph readings:

8. Print blood pressure statistics, readings, and graph report:

Blood Pressure RT (Readings and Tracking)

File   Edit   View   Help

Create New User   Expand Blood Pressure Readings

Good Evening! John Doe   Change User

Enter BP Reading | Graph

Blood Pressure Study Averages

	Sys/Dia	Pulse
Last 7 days of readings:	118/80	78
Last 30 days of readings:	118/80	78
Last 90 days of readings:	118/80	78
BP Status:	Normal	

Blood Pressure Time of Day Averages

	Sys/Dia	Pulse
All BP readings:	118/80	78
All Mornings:	0/0	0
All Afternoons:	0/0	0
All Evenings:	118/80	78

Blood Pressure Specific Averages

	Sys/Dia	Pulse
All Left-arm readings:	118/80	78
All Right-arm readings:	0/0	0
All High Stress readings:	0/0	0
All Medium Stress readings:	0/0	0
All Low Stress readings:	0/0	0

Blood Pressure Target Data   Edit Targets

**Target blood pressure: 120/80
**Target heart rate: 75
Call physician if BP above: 180/90
Physician's phone number: ??

Blood Pressure Graph

200
180
160
140
120
100
80
60
40
20
7/1/2014   7/6/2014   7/11/2014   7/16/2014   7/21/2014   7/26/2014   7/31/2014

Systolic BP   Diastolic BP

Print BP Report | July ▾ | 1 Week | 2 Weeks | 3 Weeks | 1 Month | 3 Months | 6 Months | X Delete

Risk Status	Date	Time of Day	Sys/Dia (mmHg)	Pulse (bpm)	Arm	Notes
● Normal	7/12/2014	Evening (7:00 PM)	117/81	78	Left	Normal
● Normal	7/12/2014	Evening (6:54 PM)	120/78	79	Left	Normal

1 BP Readings for the month of July 2014

Blood Pressure Report for **John Doe**

Blood pressure (BP), sometimes referred to as arterial blood pressure, is the pressure exerted by circulating blood upon the walls of blood vessels, and is one of the principal vital signs. During each heartbeat, blood pressure varies between a maximum (systolic) and a minimum (diastolic) pressure.
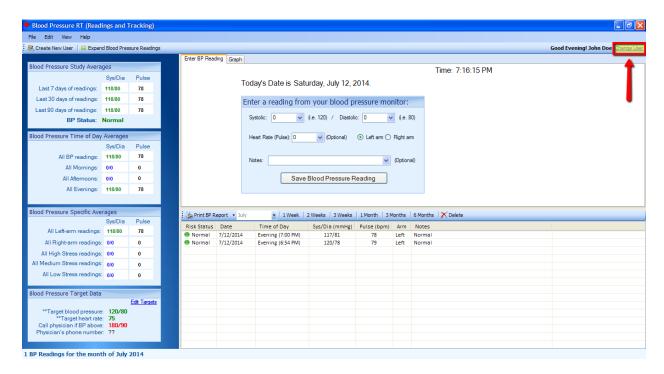
BP Group Averages

Blood Pressure Study Averages	Sys/Dia (mmHg)	Pulse (bpm)
Last 7 days of BP readings	118/80	78
Last 30 days of BP readings	118/80	78
Last 90 days of BP readings	118/80	78
Blood Pressure Status:	**Normal**	

Blood Pressure Time of Day Averages	Sys/Dia (mmHg)	Pulse (bpm)
All BP readings	118/80	78
All Mornings readings	0/0	0
All Afternoon readings	0/0	0
All Evenings readings	118/80	78

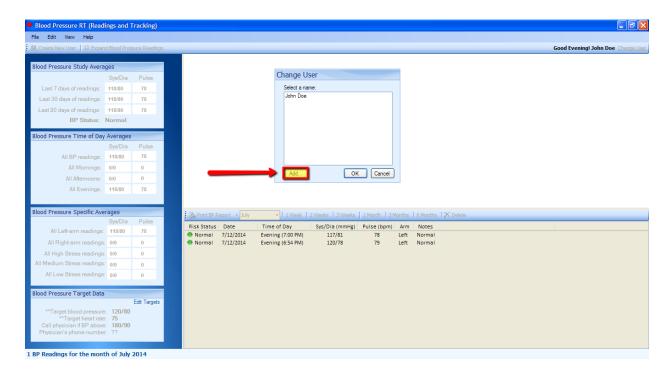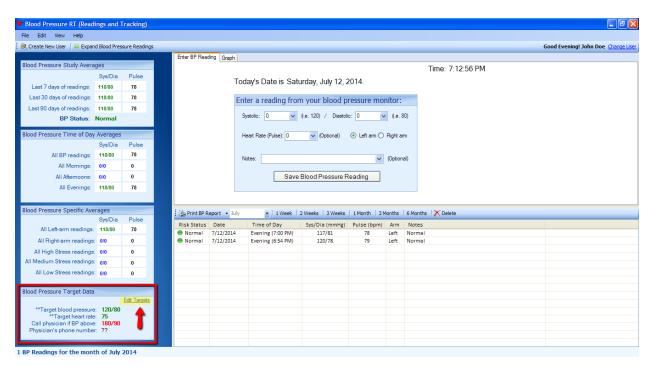| Blood Pressure Specific Averages	Sys/Dia (mmHg)	Pulse (bpm)
All Left-arm	118/80	78

9. Change users:

Select a user:

10. Add new user:

11. Edit blood pressure Targets:

If you would like to show you appreciation and support Blood Pressure RT, click [here](#) to donate through PayPal. Thank you!