

Blood Pressure RT Quick Reference

1. Enter a name:

The screenshot shows the 'Blood Pressure RT (Readings and Tracking)' application window. On the left, there are several summary tables:

- Blood Pressure Study Averages:**

	Sys/Dia	Pulse
Last 7 days of readings:	??	??
Last 30 days of readings:	??	??
Last 90 days of readings:	??	??
- Blood Pressure Time of Day Averages:**

	Sys/Dia	Pulse
All BP readings:	??	??
All Mornings:	??	??
All Afternoons:	??	??
All Evenings:	??	??
- Blood Pressure Specific Averages:**

	Sys/Dia	Pulse
All Left-arm readings:	??	??
All Right-arm readings:	??	??
All High Stress readings:	??	??
All Medium Stress readings:	??	??
All Low Stress readings:	??	??
- Blood Pressure Target Data:**

	Edit Targets
**Target blood pressure:	??
**Target heart rate:	??
Call physician if BP above:	??
Physician's phone number:	??

The main area of the application is currently empty, with a 'Create New User' dialog box overlaid. The dialog box has a title bar, a text input field labeled 'Enter Name:', and 'Save' and 'Cancel' buttons. A red arrow points to the text input field. Below the dialog box, there is a toolbar with options like 'Print BP Report', 'Search Month', and various time filters (1 Week, 2 Weeks, 3 Weeks, 1 Month, 3 Months, 6 Months, Delete). Below the toolbar is a table header with columns: Risk Status, Date, Time of Day, Sys/Dia (mmHg), Pulse (bpm), Arm, and Notes.

BP averages are currently displayed on left. Select a month to track BP readings.

2. Enter your target blood pressure and heart rate:

Blood Pressure RT (Readings and Tracking)

File Edit View Help

Create New User Expand Blood Pressure Readings Good Evening! John Doe Change User

Blood Pressure Study Averages

	Sys/Dia	Pulse
Last 7 days of readings:	??	??
Last 30 days of readings:	??	??
Last 90 days of readings:	??	??

BP Status:

Blood Pressure Time of Day Averages

	Sys/Dia	Pulse
All BP readings:	??	??
All Mornings:	??	??
All Afternoons:	??	??
All Evenings:	??	??

Blood Pressure Specific Averages

	Sys/Dia	Pulse
All Left-arm readings:	??	??
All Right-arm readings:	??	??
All High Stress readings:	??	??
All Medium Stress readings:	??	??
All Low Stress readings:	??	??

Blood Pressure Target Data [Edit Targets](#)

**Target blood pressure: ??
 **Target heart rate: ??
 Call physician if BP above: ??
 Physician's phone number: ??

Enter your target blood pressure and heart rate.

Systolic (i.e. 120) Diastolic (i.e. 80)
 Target Blood Pressure: 0 / 0

Target Heart Rate: 0 (i.e. 75 bpm)

Optional
 Enter an urgent blood pressure reading for when to call your physician.
 Systolic (i.e. 180) Diastolic (i.e. 110)
 Urgent Blood Pressure: 0 / 0

Physician Phone: (Optional)

Save Close

Print BP Report Search Month: 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months Delete

Risk Status	Date	Time of Day	Sys/Dia (mmHg)	Pulse (bpm)	Arm	Notes
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BP averages are currently displayed on left. Select a month to track BP readings.

3. Enter a blood pressure reading:

Blood Pressure RT (Readings and Tracking)

File Edit View Help

Create New User Expand Blood Pressure Readings Good Evening! John Doe Change User

Blood Pressure Study Averages

	Sys/Dia	Pulse
Last 7 days of readings:	??	??
Last 30 days of readings:	??	??
Last 90 days of readings:	??	??

BP Status:

Blood Pressure Time of Day Averages

	Sys/Dia	Pulse
All BP readings:	??	??
All Mornings:	??	??
All Afternoons:	??	??
All Evenings:	??	??

Blood Pressure Specific Averages

	Sys/Dia	Pulse
All Left-arm readings:	??	??
All Right-arm readings:	??	??
All High Stress readings:	??	??
All Medium Stress readings:	??	??
All Low Stress readings:	??	??

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: ??

Enter BP Reading Graph Time: 6:50:34 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

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

Risk Status	Date	Time of Day	Sys/Dia (mmHg)	Pulse (bpm)	Arm	Notes
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0 BP Readings for the month of July 2014

4. View blood pressure averages and statistics:

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 Time: 7:01:06 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

5. View blood pressure readings:

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 Time: 7:04:37 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

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

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 Time: 7:06:49 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

7. View blood pressure graph readings:

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 Graph

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

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

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: ??

Enter BP Reading Graph

Blood Pressure Graph

Print BP Report July | 1 Week | 2 Weeks | 3 Weeks | 1 Month | 3 Months | 6 Months | 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
All Right-arm	0/0	0
All High Stress	0/0	0
All Medium Stress	0/0	0
All Low Stress	0/0	0

9. Change users:

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 Time: 7:16:15 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

Select a user:

Blood Pressure RT (Readings and Tracking)

File Edit View Help

Create New User Expand Blood Pressure Readings

Good Evening! John Doe **Change User**

Change User

Select a name:

John Doe

Add... OK Cancel

Print BP Report July 1 Week 2 Weeks 3 Weeks 1 Month 3 Months 6 Months 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

10. Add new user:

Blood Pressure RT (Readings and Tracking)

File Edit View Help

Create New User Expand Blood Pressure Readings Good Evening! John Doe Change User

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: ??

Change User dialog box: Select a name: John Doe. Buttons: Add..., OK, Cancel.

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

11. Edit blood pressure Targets:

Blood Pressure RT (Readings and Tracking)

File Edit View Help

Create New User Expand Blood Pressure Readings Good Evening! John Doe Change User

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: ??

Enter BP Reading | Graph Time: 7:12:56 PM

Today's Date is Saturday, July 12, 2014.

Enter a reading from your blood pressure monitor:

Systolic: 0 (i.e. 120) / Diastolic: 0 (i.e. 80)

Heart Rate (Pulse): 0 (Optional) Left arm Right arm

Notes: (Optional)

Save Blood Pressure Reading

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

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