



**Annie Chou, MD, FRCPC**  
**Cardiologist**

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How you want to be treated.

Target BP				
Date	AM (Before Breakfast)		PM (Before Bed)	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate

AVERAGE

<b>REST 5 MINUTES FIRST</b>				
Date	AM (Before Breakfast)		PM (Before Bed)	
	Blood Pressure	Heart Rate	Blood Pressure	Heart Rate

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