

TŌ PUKAPUKA RERE TOTO I TE KAINGA



- Me meiha i tō rere toto i tētahi mihini tika, kōrero ki to tākuta mehemea kei te pai tō mihini
- Kia mauri tau te noho kia tōtika te tākai ki te manawa
- Me meiha i te rere o tō toto kia e rua wā.
- Kaare he titiro ki te pānui tutahi, tuhia te pānui tuarua/tuatoru

I whakaatu mai taku tākuta me tirohia te rere o taku toto _____ ai te wā o te rā/te wiki

Te rangi	Taima/rā	Systolic rere o te toto (Nama o runga)	Diastolic rere o te toto (Nama i raro)	Tuhituhi
E.g., 7/10/22	9:36am	128	75	

I pātai mai taku tākuta ki te _____ kai te nui te systolic rere o te toto _____

I pātai mai taku tākuta ki te _____ kai te nui te diastolic rere o te toto _____