**BLOOD PRESSURE LOG**

Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
Sex/Age : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **DATE** | **TIME** | **BLOOD PRESSURE** | **TIME** | **BLOOD PRESSURE** |
| **AM** | **SYSTOLIC**(Upper Number) | **DIASTOLIC**(Lower Number) | **PM** | **SYSTOLIC**(Upper Number) | **DIASTOLIC**(Lower Number) |
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