**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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