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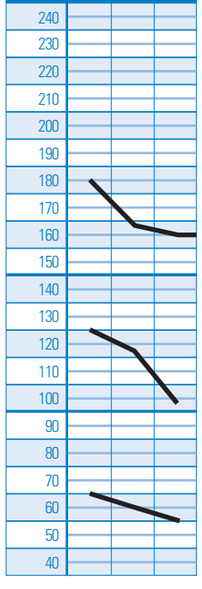
Daily Blood Pressure Log

Keeping records is important for monitoring and managing your blood pressure. By filling in the chart below, you and your doctor can easily track your blood pressure as well as identify unusual spikes, patterns or trends.

date	7/12/22		
time	7:45	12:01	5:15
weight	190	191	190
systolic	180	164	160
diastolic	125	117	98
pulse	65	60	55



| date | | |