**BLOOD PRESSURE LOG SHEET**

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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