**Blood Pressure Log**

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| --- | --- | --- | --- | --- | --- | --- |
|  | Date | Time | Blood Pressure | Heart Rate | Medication Taken | Special Circumstances: exercise, stress, name and strength of medication taken, change in diet: |
| Mon |  |  | / |  | Y N |  |
| Tue |  |  | / |  | Y N |  |
| Wed |  |  | / |  | Y N |  |
| Thu |  |  | / |  | Y N |  |
| Fri |  |  | / |  | Y N |  |
| Sat |  |  | / |  | Y N |  |
| Sun |  |  | / |  | Y N |  |
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| Mon |  |  | / |  | Y N |  |
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| Sun |  |  | / |  | Y N |  |
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