

Date	AM		PM		AM		PM		Date	AM		PM		AM		PM		Weekly average Blood Pressure	
																		AM	PM
Time									Time										
Systolic/ Diastolic	/	/	/	/	/	/	/	/	Systolic/ Diastolic	/	/	/	/	/	/	/	/	/	/
Pulse									Pulse										
Notes									Notes										
(mmHg)									(mmHg)										
190									190										
170									170										
150									150										
135									135										
130									130										
110									110										
90									90										
89									89										
70									70										
50									50										

Date	AM		PM		AM		PM		Date	AM		PM		AM		PM		Weekly average Blood Pressure	
																		AM	PM
Time									Time										
Systolic/ Diastolic	/	/	/	/	/	/	/	/	Systolic/ Diastolic	/	/	/	/	/	/	/	/	/	/
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