**BLOOD PRESSURE LOG**

Patient Name: [Name]

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| --- | --- | --- | --- |
| **Date** | **Breakfast** | **Lunch** | **Dinner** |
| **Blood pressure** | **Heart Rate** | **Blood pressure** | **Heart Rate** | **Blood pressure** | **Heart Rate** |
| Systolic | Diastolic | Systolic | Diastolic | Systolic | Diastolic |
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