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| **BLOOD PRESSURE LOG** | | | **Level of Severity** | **Systolic** | **Diastolic** |
| Normal |  |  |
| Mild |  |  |
| Patient Name: | [Name] | | Moderate |  |  |
| Sex: | Male | Female | Severe |  |  |

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| **Date** | **Blood pressure** | | **Heart Rate** | **Blood pressure** | | **Heart Rate** | **Blood pressure** | | **Heart Rate** |
| **Systolic** | **Diastolic** | **Systolic** | **Diastolic** | **Systolic** | **Diastolic** |
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