**BLOOD PRESSURE LOG**

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| **PATIENT’S INFORMATION** | **BLOOD PRESSURE RANGES** |
| **Name:** [Name] | **Category** | **Systolic** | **Diastolic** |
| **DOB:** [dd/mm/yyyy] | **Normal** | **120** | **80** |
| **Age:** [Age] | **Mild HBP** | **140 - 160** | **90 - 100** |
| **Weight:** [Weight] | **Moderate HBP** | **160 - 200** | **100 - 120** |
| **Blood Group:** [Blood group] | **Severe HBP** | **Above 200** | **Above 120** |

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| **BP Monitoring** | **BP Management**  |
| **Date** | **Time** | **BP Reading** |  **Diet** | **Exercise** | **Medication** |
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