**Blood Pressure Log**

**Name: ……………………………………………………**

**Date of Birth: …………………………………………**

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|  | **Morning Readings** |  | **Afternoon Readings** |
| **Date** | **Time** | **1st** | **2nd** | **3rd**  | **Time** | **1st** | **2nd** | **3rd**  |
| 21/1/13 | 08:00 | 145/80 | 133/78 | 130/75 | 18:00 | 148/80 | 144/75 | 132/66 |
| *Example* | *Example* |
| **Date** | **Time** | **1st** | **2nd** | **3rd**  | **Time** | **1st** | **2nd** | **3rd**  |
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