Hausarztpraxis
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# BLOOD PRESSURE LOG

Name:_____ Date of birth: _____

Dear Patient,

This blood pressure log is intended for recording your blood pressure at home. Please measure your blood pressure and pulse in the morning and evening, approximately one hour after taking your blood pressure medication. If advised by your doctor, also record your weight once a day.

Please measure your blood pressure regularly for at least two weeks. Enter the readings in the table (pulse in brackets) and bring the completed log to the practice.

| Date | Morning BP (pulse) | Time | Evening BP (pulse) | Time |
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