血圧記録表　　（令和　　　　年　　　　月分）

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| 測定日 | 朝（起床後1時間以内、排尿後、朝食前に測定） | | | | 夜（就床前に測定） | | | | 生活メモ |
| 測定時刻 | 服薬 | 血圧値(mmHg) | 脈拍/分 | 測定時刻 | 服薬 | 血圧値(mmHg) | 脈拍/分 |
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