血圧記録シート　　　　年　　月

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
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| 測定日 | | | 血圧値　（mmHg) | | | 脈拍 | 歩数 |  | | | | | | | | | | | | | | | | | | | | | | （mmHg) | | | | |
| 最大 | | 最小 |  | 40 | | 60 | | 80 | | 100 | | | 120 | | | 140 | | | 160 | | 180 | | 200 | | | 220 | | |  |
| 日 | | 朝 |  | |  |  |  |  |  |  |  |  |  |  |  | |  |  |  | |  |  | |  |  |  |  |  |  | |  | |  |  |
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|  | できごと | | |  | | | | | | | | | | | |  | | | | 体重 | | |  | | | | | | | ㎏ | |  | | |