[**Blood Pressure Lo**](http://www.vertex42.com/ExcelTemplates/blood-pressure-chart.html)**g** [**Blood Pressure Lo**](http://www.vertex42.com/ExcelTemplates/blood-pressure-chart.html)**g**

SBP DBP  SBP DBP

**\*Target: \*Target:**

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| **Date Time SBP DBP Notes** |
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| **Date Time SBP DBP Notes** |
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\*Consult your doctor to determine your target blood pressure \*Consult your doctor to determine your target blood pressure

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