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| **My target blood pressure is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | | |
| **My Blood Pressure Chart** | | | | |
| **Date**  DD/MM/YY | **Time**  AM/PM | **Blood pressure**  Systolic/Diastolic | **Am I on target 🗶 ✓**  Systolic Diastolic | |
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