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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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