

Blutdruckprotokoll von _____

Blutdruckselbstmessungen

TAG	morgens (☀)			abends (🌙)			TAG	morgens (☀)			abends (🌙)			
	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min		SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	
1							17							
2							18							
3							19							
4							20							
5							21							
6							22							
7							23							
8							24							
9							25							
10							26							
11							27							
12							28							
13							29							
14							30							
15							31							
16														
TAG	morgens (☀)			abends (🌙)			TAG	morgens (☀)			abends (🌙)			
SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min	SYSTOLE mmHg	DIASTOLE mmHg	PULS P/min
1							17							
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