

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
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													