

1 JANUARY

[illegible]

[illegible]

2 FEBRUARY

[illegible]

[illegible]

3 MARCH

		最高血圧	最低血圧	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	体温	心拍	
1														
SAT														
2														
SUN														
3														
MON														
4														
TUE														
5														
WED														
6														
THU														
7														
FRI														
8														
SAT														
9														
SUN														
10														
MON														
11														
TUE														
12														
WED														
13														
THU														
14														
FRI														
15														
SAT														
16														
SUN														

[illegible]

4 APRIL

[illegible]

[illegible]

5 MAY

[illegible]

[illegible]

6 JUNE

		最高血压	最低血压	mmHg								体温	心拍		
1															
SUN															
2															
MON															
3															
TUE															
4															
WED															
5															
THU															
6															
FRI															

[illegible]

7 JULY

		最高血压	最低血压	mmHg								体温	心拍		
1															
TUE															
2															
WED															
3															
THU															
4															
FRI															
5															
SAT															
6															
SUN															
7															
MON															
8															
TUE															
9															
WED															
10															
THU															
11															
FRI															
12															
SAT															
13															
SUN															
14															
MON															
15															
TUE															
16															
WED															

[illegible]

8 AUGUST

[illegible]

[illegible]

9 SEPTEMBER

[illegible]

[illegible]

10

OCTOBER

1 WED

WED

2 THU ★

THU

3 FRI

FRI 

4 SAT

SAT

5 SUN

SUN 

6 MON  

MON 

7 TUE

TUE

8 WED

WED 

9 THU



10 FRI

FRI 

11 SAT

SAT 

12 SUN

—

MON 

100

TUE 

15 光

WED 

16

THU 

最高血压	最低血压
160/100	120/80
140/90	110/70
120/80	100/60
100/60	90/50
80/50	70/40
60/40	50/30
40/30	30/20
20/10	10/0
0/0	0/0

最低血压

mmHg

mmHg

mmHg

mmHg

mmHg

mmHg

mmHg

mmHg

体温

心拍

体温

心拍

[illegible]

11

NOVEMBER

[illegible]

[illegible]

12 DECEMBER

		最高血压	最低血压	mmHg								体温	心拍				
1																	
MON																	
2																	
TUE																	
3																	
WED																	
4																	
THU																	
5																	
FRI																	

[illegible]

1 JANUARY

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2 FEBRUARY

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3 MARCH

[illegible]

[illegible]