

1 JANUARY

		最高血圧	最低血圧	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	体温	心拍	
1														
WED														
2														
THU														
3														
FRI														
4														
SAT														
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SUN														
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MON														
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TUE														
15														
WED														
16														
THU														

[illegible]

2 FEBRUARY

		最高血圧	最低血圧	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	mmHg	体温	心拍
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SAT														
2														
SUN														
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SAT														
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SUN														

[illegible]

3 MARCH

[illegible]

[illegible]

4 APRIL

[illegible]

[illegible]

5 MAY

[illegible]

[illegible]

6 JUNE

[illegible]

[illegible]

7 JULY

[illegible]

[illegible]

8 AUGUST

[illegible]

[illegible]

9 SEPTEMBER

[illegible]

[illegible]

10 OCTOBER

[illegible]

[illegible]

11

NOVEMBER

[illegible]

[illegible]

12 DECEMBER

[illegible]

[illegible]

1 JANUARY

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[illegible]

2 FEBRUARY

[illegible]

[illegible]

3 MARCH

[illegible]

[illegible]