

# 血圧・体重の記録

| 日付    | 血圧mmHg<br>最大/最小 | 体重kg | 日付 | 血圧mmHg<br>最大/最小 | 体重kg |
|-------|-----------------|------|----|-----------------|------|
| 例)4/1 | 110/60          | 50   |    |                 |      |
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| 日付 | 血圧mmHg<br>最大/最小 | 体重kg | 日付 | 血圧mmHg<br>最大/最小 | 体重kg |
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※ 適正体重は身長(m)×身長(m)×22