

Nama: _____

Tanggal lahir: _____

Buku Harian Tekanan Darah Saya

| TANGGAL | WAKTU | DARAH TEKANAN (mmHg) | NADI (ketukan / menit) | CATATAN |
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Petunjuk: - Ukur tekanan darah Anda pada waktu yang sama sepanjang hari. Untuk mengukur, duduklah tegak. Kaki Anda harus rata di lantai dan lengan ditopang dengan baik di atas meja. Pastikan manset tekanan darah setinggi jantung Anda.