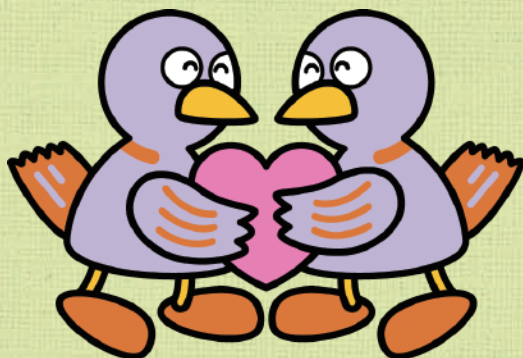


# 高血圧健康チェック手帳



埼玉県・埼玉県医師会

★**血圧とは？** → 心臓が縮んで血液を押し出したり（収縮）、広がって血液が充満する（拡張）ポンプの作用によって血液が全身に送り出されています。血圧とはそのときに血管の壁にかかっている圧力のことをいいます。

**最高血圧とは**

心臓の収縮によって血液が押し出される時の血管圧

**最低血圧とは**

心臓が拡張して（血液が心臓に充満する）次に血液を押し出す準備をしているときの血管圧

○**血圧はたえず変化しています**

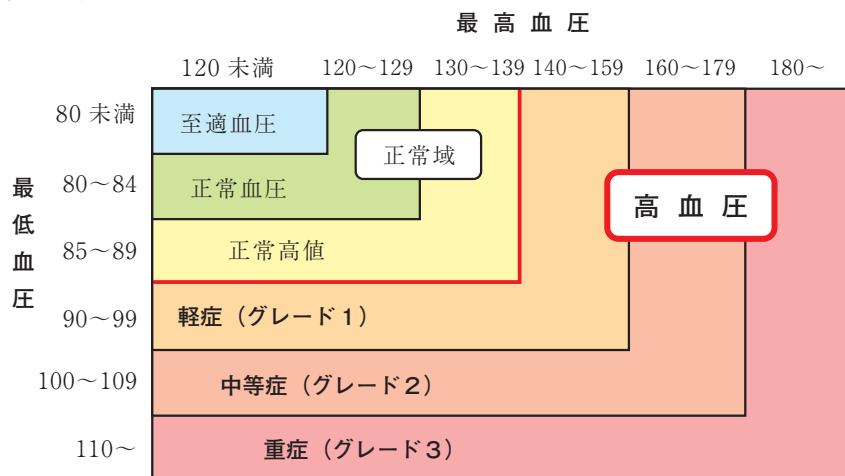
血液は人間の生命を維持するために全身の細胞へ酸素や栄養を供給し、老廃物などの回収をしているので、たえず流れていることが必要です。

体内では体調や精神の状態・気温の変化など環境に応じて血液の流れを維持する仕組みが変わるので、血液の圧力はたえず調整されています。

毎日血圧を測定し、記録をつけて自分の血圧を知っておくことが大切です。

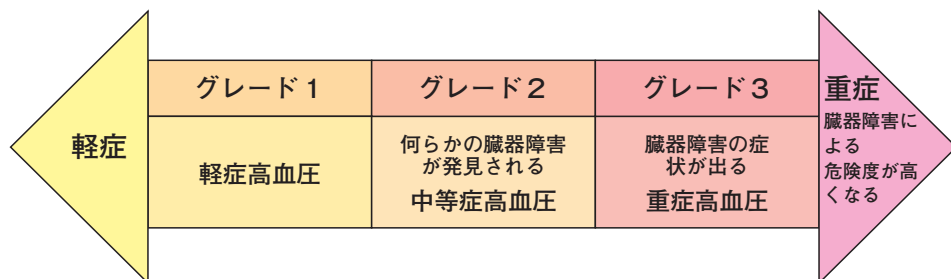
# ★あなたの血圧値は？

下の表にあてはめてみましょう



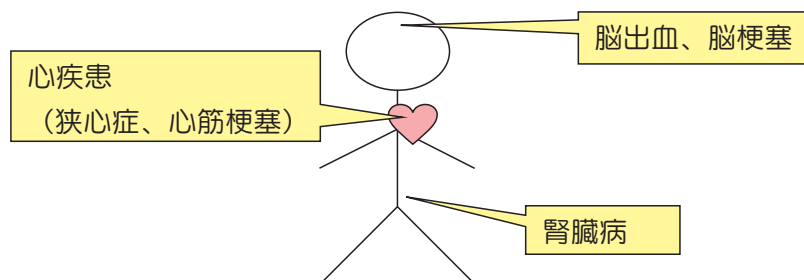
WHO（世界保健機構）ISH（国際高血圧学会）による高血圧に診断基準（1999）

最高血圧と最低血圧のグレードが異なる場合はグレードの重い方に属します。



高血圧と関係の深い病気

高血圧は、症状がなくても全身にいろいろな合併症を引き起こすことがあります。そのままにしておくと危険度が高くなります。



## ★血圧の測り方

- 毎日、なるべく同じ時間に測りましょう（起床後1時間以内がよい）  
血圧は時間や環境によってたえず変化しています。なるべく毎日同じ時間、同じ状態で測るようにしましょう。  
測る30分前から食事、運動、入浴、飲酒、喫煙等はやめて、排便・排尿をすませて、リラックスして測定しましょう。

### ●座って測りましょう

血圧は、心臓の高さにある上腕の血圧を座って計測することが重要です。イスに腰掛けて、衣服のそでで上腕部を締めつけないように注意して測りましょう。



## 太りぎみ度チェック

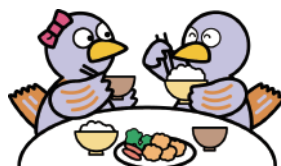
BMI = 体重 (Kg) ÷ 身長 (m) ÷ 身長 (m)  
BMI

|           |      |
|-----------|------|
| 18.5未満    | やせ   |
| 18.5～25未満 | 標準   |
| 25～30未満   | 肥満   |
| 30以上      | 高度肥満 |

## ★食生活

食べ方は??

- 朝食をしっかりとりましょう
- ゆっくり良く噛んで食べましょう
- 腹八分目でやめましょう
- 夜食の習慣はほどほどに



## ★運動習慣

健康づくりのための適度な運動例（毎日行う場合の1日の運動時間）

|               |     |
|---------------|-----|
| ウォーキング（早歩きで）  | 25分 |
| エアロビクス（軽いもの）  | 25分 |
| 自転車（1時間／18km） | 25分 |
| 水泳（ゆっくり）      | 25分 |
| ジョギング（120m／分） | 25分 |

療養と血圧値の記録 療養状況と血圧値を毎日記録しましょう

記入方法 ●食事・運動・休養を、できた○、まあまあ△、できなかった×、で記録しましょう

●血圧測定時の状況もあわせて記録して自分の血圧変動を知りましょう

### 記入例

| 年月日       |     | 8/7  | 8/8  | 8/9  | 8/10 | 8/11 | 8/12 | 8/13 | 8/14 |
|-----------|-----|------|------|------|------|------|------|------|------|
| 測定時間      |     | 8:00 | 8:15 | 8:00 | 8:10 | 8:00 | 8:00 | 8:10 | 8:00 |
| 血圧        | 最高  | 146  | 150  | 148  | 150  | 146  | 143  | 138  | 132  |
|           | 最低  | 92   | 95   | 96   | 100  | 91   | 90   | 90   | 89   |
| 血圧<br>グラフ | 220 |      |      |      |      |      |      |      |      |
|           | 210 |      |      |      |      |      |      |      |      |
|           | 200 |      |      |      |      |      |      |      |      |
|           | 190 |      |      |      |      |      |      |      |      |
|           | 180 |      |      |      |      |      |      |      |      |
|           | 170 |      |      |      |      |      |      |      |      |
|           | 160 |      |      |      |      |      |      |      |      |
|           | 150 |      |      |      |      |      |      |      |      |
|           | 140 |      |      |      |      |      |      |      |      |
|           | 130 |      |      |      |      |      |      |      |      |
|           | 120 |      |      |      |      |      |      |      |      |
|           | 110 |      |      |      |      |      |      |      |      |
|           | 100 |      |      |      |      |      |      |      |      |
|           | 90  |      |      |      |      |      |      |      |      |
|           | 80  |      |      |      |      |      |      |      |      |
|           | 70  |      |      |      |      |      |      |      |      |
|           | 60  |      |      |      |      |      |      |      |      |
|           | 50  |      |      |      |      |      |      |      |      |
| 療養        | 食事  | ○    | ○    | ×    | ×    | ○    | ○    | ×    | ○    |
|           | 運動  | ○    | ○    | ×    | ×    | ○    | ○    | ○    | ○    |
|           | 休養  | ○    | ○    | ○    | ○    | ○    | ○    | ○    | ○    |
| 1 日にあったこと |     |      |      | かぜ   |      |      |      | 宴会   |      |
| 服薬記録      |     | ○    | ○    | ○    | ○    | ○    | ○    | ○    | ○    |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |



## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |



## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |



## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

## 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

# 療養と血圧値の記録

なるべく毎日同じ時間に！

|                       |     |  |  |  |  |  |  |  |
|-----------------------|-----|--|--|--|--|--|--|--|
| 年月日                   |     |  |  |  |  |  |  |  |
| 測定時間                  |     |  |  |  |  |  |  |  |
| 血<br>圧                | 最高  |  |  |  |  |  |  |  |
|                       | 最低  |  |  |  |  |  |  |  |
| 血<br>圧<br>グ<br>ラ<br>フ | 220 |  |  |  |  |  |  |  |
|                       | 210 |  |  |  |  |  |  |  |
|                       | 200 |  |  |  |  |  |  |  |
|                       | 190 |  |  |  |  |  |  |  |
|                       | 180 |  |  |  |  |  |  |  |
|                       | 170 |  |  |  |  |  |  |  |
|                       | 160 |  |  |  |  |  |  |  |
|                       | 150 |  |  |  |  |  |  |  |
|                       | 140 |  |  |  |  |  |  |  |
|                       | 130 |  |  |  |  |  |  |  |
|                       | 120 |  |  |  |  |  |  |  |
|                       | 110 |  |  |  |  |  |  |  |
|                       | 100 |  |  |  |  |  |  |  |
|                       | 90  |  |  |  |  |  |  |  |
|                       | 80  |  |  |  |  |  |  |  |
|                       | 70  |  |  |  |  |  |  |  |
| 60                    |     |  |  |  |  |  |  |  |
| 50                    |     |  |  |  |  |  |  |  |
| 療<br>養                | 食事  |  |  |  |  |  |  |  |
|                       | 運動  |  |  |  |  |  |  |  |
|                       | 休養  |  |  |  |  |  |  |  |
| 1 日にあ<br>ったこと         |     |  |  |  |  |  |  |  |
| 服薬記録                  |     |  |  |  |  |  |  |  |

配布機関名