**BP diary Please do for 7 days and show your doctor aiming for <130/80mmHg**

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| --- | --- |
| **Date** | **BP reading (measure once a day, measure 5 times in a row, record last 2)** |
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For those of you who are looking for a blood pressure machine, OMRON is a good BP brand, you can get one from Chemist Warehouse for about 100AUD