

# CKD + 高血圧手帳

お名前

かかりつけ医の病院／診療所・主治医名



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## 基本情報

|            |                            |
|------------|----------------------------|
| 併存症<br>既往歴 | 脂質異常症 ・ 高血圧症 ・ 肝疾患 ・ 高尿酸血症 |
|            | その他                        |
| 家族の<br>病歴  | 糖尿病 なし・あり ( )              |
|            | その他                        |

# CKDの重症度分類とかかりつけ医から 腎臓専門医・専門医療機関への紹介基準

| 原疾患                                     | 蛋白尿区分                                  |                    | A1                       | A2                        | A3             |
|---|--|--------------------|--------------------------|---------------------------|----------------|
| 糖尿病                                     | 尿アルブミン定量 (mg/日)<br>尿アルブミン/Cr比 (mg/gCr) | 正常                 | 正常                       | 微量<br>アルブミン尿              | 顕性<br>アルブミン尿   |
|   |  | 30未満               | 30~299                   | 300以上                     |                |
| 高血圧<br>腎炎<br>多発性嚢胞腎<br>その他              | 尿蛋白定量 (g/日)<br>尿蛋白/Cr比 (g/gCr)         | 正常 (-)             | 正常 (-)                   | 軽度<br>蛋白尿 (±)             | 高度<br>蛋白尿 (+~) |
|   |  | 0.15未満             | 0.15~0.49                | 0.50以上                    |                |
| GFR区分<br>(mL/分<br>/1.73m <sup>2</sup> ) | G1                                     | 正常または高値<br>≥90     |                          | 血尿+なら紹介、蛋白尿のみならば生活指導・診療継続 | 紹介             |
|   | G2                                     | 正常または軽度低下<br>60~89 |                          | 血尿+なら紹介、蛋白尿のみならば生活指導・診療継続 | 紹介             |
|   | G3a                                    | 軽度~中等度低下<br>45~59  | 40歳未満は紹介、40歳以上は生活指導・診療継続 | 紹介                        | 紹介             |
|   | G3b                                    | 中等度~高度低下<br>30~44  | 紹介                       | 紹介                        | 紹介             |
|   | G4                                     | 高度低下<br>15~29      | 紹介                       | 紹介                        | 紹介             |
|   | G5                                     | 末期腎不全<br><15       | 紹介                       | 紹介                        | 紹介             |

※重症度は原疾患・GFR区分・尿蛋白区分を合わせたステージにより評価し、死亡、末期腎不全、心血管死発症のリスクを緑 ■ のステージを基準に、黄 ■、オレンジ ■、赤 ■ の順にステージが上昇するほどリスクは上昇する。

【引用・改変】エビデンスに基づくCKD診療ガイドライン2018  
(作成：日本腎臓学会、監修：日本医師会)

## 降圧の目標

降圧目標は、個人によって異なるので先生とよく相談してください。  
降圧目標に向けて、まず生活習慣を見直すことが大切です。

|   | 診察室血圧<br>(mmHg) | 家庭血圧<br>(mmHg) |
|---|-----------------|----------------|
| 75歳未満の成人 <sup>*1</sup><br>脳血管障害患者（両側頸動脈狭窄や脳主幹動脈閉塞なし）<br>冠動脈疾患患者<br>CKD患者(蛋白尿陽性) <sup>*2</sup><br>糖尿病患者<br>抗血栓薬服用中 | <130/80         | <125/75        |
| 75歳以上の高齢者 <sup>*3</sup><br>脳血管障害患者（両側頸動脈狭窄や脳主幹動脈閉塞あり、または未評価）<br>CKD患者(蛋白尿陽性) <sup>*2</sup>                        | <140/90         | <135/85        |

\*1 未治療で診察室血圧130-139/80-89mmHgの場合は、低・中等リスク患者では生活習慣の修正を開始または強化し、高リスク患者ではおおむね1ヶ月以上の生活習慣修正にて降圧しなければ、降圧薬治療の開始を含めて、最終的に130/80mmHg未満を目指す。すでに降圧薬治療中で130-139/80-89mmHgの場合は、低・中等リスク患者では生活習慣の修正を強化し、高リスク患者では降圧薬治療の強化を含めて、最終的に130/80mmHg未満を目指す。

\*2 随時尿で0.15g/gCr以上を蛋白尿陽性とする。

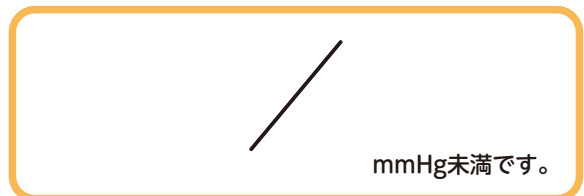
\*3 併存疾患などによって一般に降圧目標が130/80mmHg未満とされる場合、75歳以上でも忍容性があれば個別に判断して130/80mmHg未満を目指す。

降圧目標を達成する過程ならびに達成後も過降圧の危険性に注意する。過降圧は、到達血圧のレベルだけでなく、降圧幅や降圧速度、個人の病態によっても異なるので個別に判断する。

## 目標血圧

目標血圧は年齢や合併症によって異なります。  
あなたの目標血圧は主治医に確認してください。

あなたの家庭での目標血圧は



## 血圧の計り方

1日2度（朝と夜）測定をしましょう。

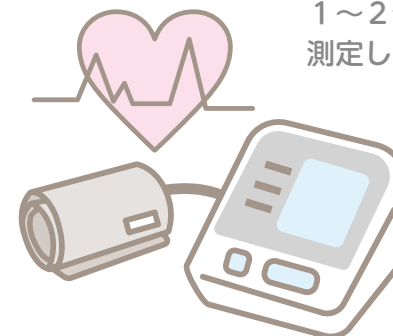


- 起床後1時間以内に
- 排尿後に
- お薬を飲む前に
- 朝食前に



- 就寝前に
- 入浴後は1時間以上あけて

朝、夜ともに座位で  
1～2分安静にしてから  
測定しましょう



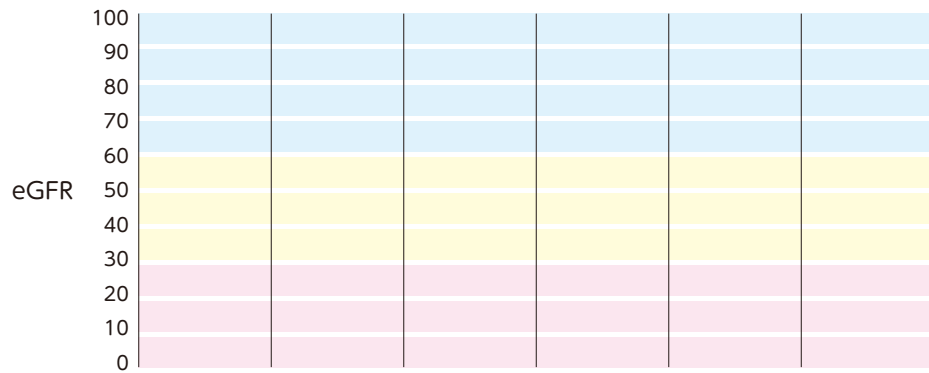
年

# 検査の記録

| 検査日     | / | / | / | / | / | / |
|---------|---|---|---|---|---|---|
| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



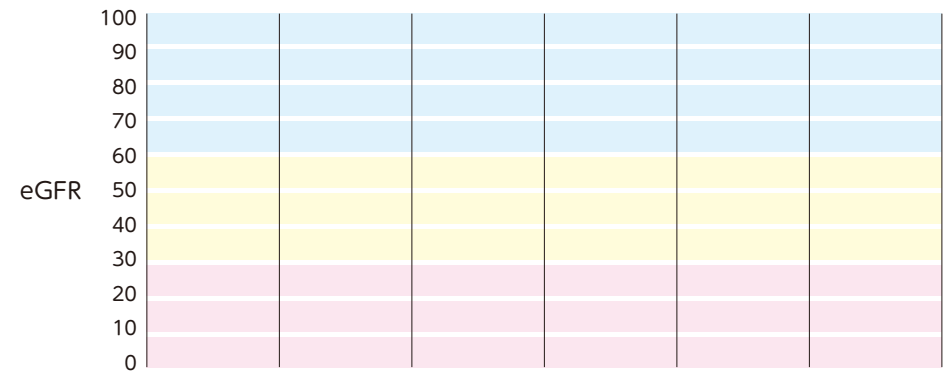
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# 検査の記録

| 検査日     | / | / | / | / | / | / |
|---------|---|---|---|---|---|---|
| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



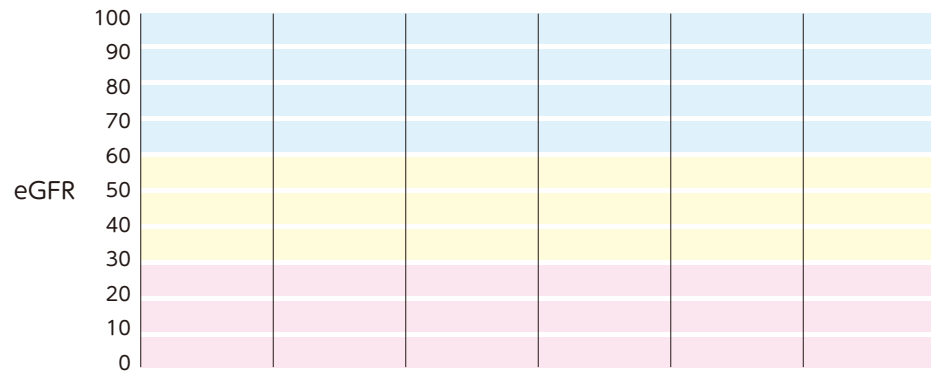
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## 検査の記録

| 検査日     | / | / | / | / | / | / |
|---------|---|---|---|---|---|---|
| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



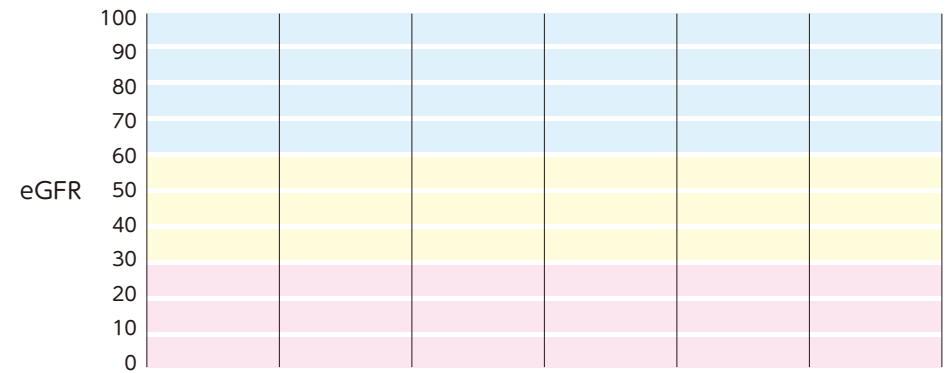
年

## 検査の記録

| 検査日     | / | / | / | / | / | / |
|---------|---|---|---|---|---|---|
| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



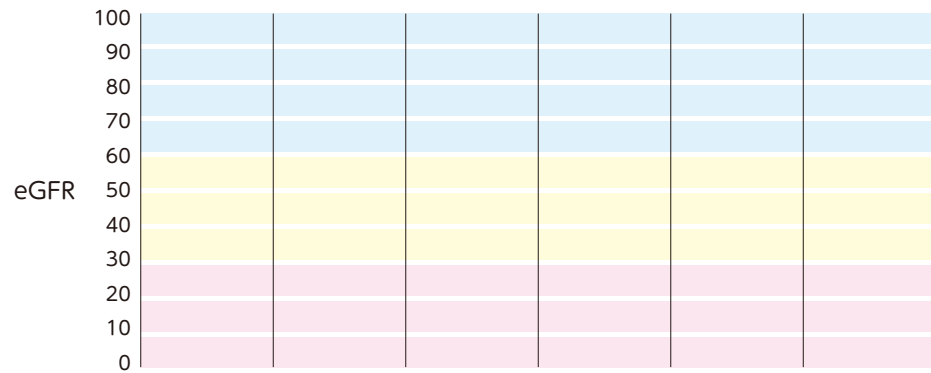
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## 検査の記録

| 検査日     | / | / | / | / | / | / |
|---------|---|---|---|---|---|---|
| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



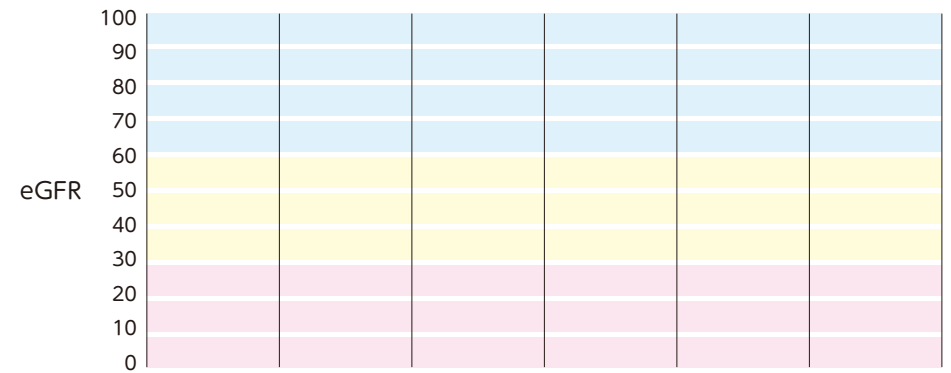
年

## 検査の記録

| 検査日     | / | / | / | / | / | / |
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| 血圧      |   |   |   |   |   |   |
| 体重      |   |   |   |   |   |   |
| 尿蛋白/潜血  |   |   |   |   |   |   |
| UA/K    |   |   |   |   |   |   |
| Cr/eGFR |   |   |   |   |   |   |

コメント

eGFR推移グラフ



年

# 検査の記録

|     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 検査日 | / | / | / | / | / | / |
| BNP |   |   |   |   |   |   |
| PSA |   |   |   |   |   |   |

|       |  |
|-------|--|
| 胸写    |  |
| 心電図   |  |
| 胃カメラ  |  |
| 腹部エコー |  |
| CT    |  |

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年

# 検査の記録

|     |   |   |   |   |   |   |
|-----|---|---|---|---|---|---|
| 検査日 | / | / | / | / | / | / |
| BNP |   |   |   |   |   |   |
| PSA |   |   |   |   |   |   |

|       |  |
|-------|--|
| 胸写    |  |
| 心電図   |  |
| 胃カメラ  |  |
| 腹部エコー |  |
| CT    |  |

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身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・gモ |
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身長 \_\_\_\_\_ cm

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# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・gモ |
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身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
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身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
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|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
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|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

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|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
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|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
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|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

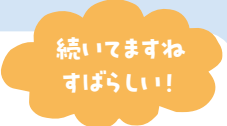
BMI \_\_\_\_\_

# 血压記録表

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|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
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|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |





続きますね  
素晴らしい!

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

6ヶ月記録達成!

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血圧記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血圧記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |



身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

 この調子で  
次の年も  
続けましょう！

12ヶ月記録達成！

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・㍓モ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・㍓モ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |



身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |





身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

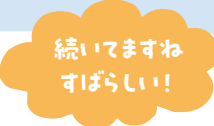
\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表



18ヶ月記録達成!

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧 ・ (脈拍) | 眠前<br>血圧 ・ (脈拍) | 服薬 | 体重・メモ |
|---|------------------|-----------------|----|-------|
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧 ・ (脈拍) | 眠前<br>血圧 ・ (脈拍) | 服薬 | 体重・メモ |
|---|------------------|-----------------|----|-------|
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

年 月

| 日 | 起床時<br>血压<br>・(脈拍) | 眠前<br>血压<br>・(脈拍) | 服薬 | 体重・kg |
|---|--------------------|-------------------|----|-------|
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

年 月

| 日 | 起床時<br>血压<br>・(脈拍) | 眠前<br>血压<br>・(脈拍) | 服薬 | 体重・kg |
|---|--------------------|-------------------|----|-------|
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |
|   | / ( )              | / ( )             |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血压記録表

年 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血压記録表

年 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |



身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

この調子で  
次の年も  
続けましょう!

24ヶ月記録達成!

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压 ・ (脈拍) | 眠前<br>血压 ・ (脈拍) | 服薬 | 体重・メモ |
|---|------------------|-----------------|----|-------|
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压 ・ (脈拍) | 眠前<br>血压 ・ (脈拍) | 服薬 | 体重・メモ |
|---|------------------|-----------------|----|-------|
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |
|   | / ( )            | / ( )           |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_ 年 \_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_ 年 \_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_年 \_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |







身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血圧記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血圧・(脈拍) | 眠前<br>血圧・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

\_\_\_\_年\_\_\_\_月

# 血压記録表

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

\_\_\_\_年\_\_\_\_月

# 血压記録表

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血压記録表

\_\_\_\_\_年\_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・×モ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長\_\_\_\_\_cm

BMI\_\_\_\_\_

# 血压記録表

\_\_\_\_\_年\_\_\_\_\_月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・×モ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

## 血压記録表

\_\_\_\_\_ 年 \_\_\_\_\_ 月

| 日 | 起床時<br>血压・(脈拍) | 眠前<br>血压・(脈拍) | 服薬 | 体重・kg |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

おめでとうございます!  
新しい手帳でも  
続けましょう!

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_年 \_\_\_\_月

| 日 | 起床時<br>血圧 (脈拍) | 眠前<br>血圧 (脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

身長 \_\_\_\_\_ cm

BMI \_\_\_\_\_

# 血圧記録表

\_\_\_\_年 \_\_\_\_月

36ヶ月記録達成!

| 日 | 起床時<br>血圧 (脈拍) | 眠前<br>血圧 (脈拍) | 服薬 | 体重・メモ |
|---|----------------|---------------|----|-------|
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |
|   | / ( )          | / ( )         |    |       |

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西部地区糖尿病・CKD地域連携パス推進委員会

TEL 0859-34-6251 FAX 0859-34-6252

西部医師会HP <https://www.seibu.tottori.med.or.jp/isikai>