

## Home Blood Pressure Record

### Instructions:

Rest for 5 minutes prior to measurement of your blood pressure. Check blood pressure three times in the morning and the evening. The first reading can be ignored and the next 2 readings then recorded. Blood pressure readings should be done in the seated position and the readings should be done within a few minutes of each other. They should be done at roughly the same time each morning and evening. The blood pressure readings should be recorded for the 7-8 days prior to visits to appointment with us or your local doctor. Please bring the completed form to your next visit. An average reading less than 130/80mmHg is ideal.

Date		Morning		Evening	
Day 1	Reading 1	/	mmHg	/	mmHg
Day 1	Reading 2	/	mmHg	/	mmHg
Day 2	Reading 1	/	mmHg	/	mmHg
Day 2	Reading 2	/	mmHg	/	mmHg
Day 3	Reading 1	/	mmHg	/	mmHg
Day 3	Reading 2	/	mmHg	/	mmHg
Day 4	Reading 1	/	mmHg	/	mmHg
Day 4	Reading 2	/	mmHg	/	mmHg
Day 5	Reading 1	/	mmHg	/	mmHg
Day 5	Reading 2	/	mmHg	/	mmHg
Day 6	Reading 1	/	mmHg	/	mmHg
Day 6	Reading 2	/	mmHg	/	mmHg
Day 7	Reading 1	/	mmHg	/	mmHg
Day 7	Reading 2	/	mmHg	/	mmHg
Day 8	Reading 1	/	mmHg	/	mmHg
Day 8	Reading 2	/	mmHg	/	mmHg