

Full Name:

DOB:

## WEEKLY 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, within 1 hour from waking up or going to bed. 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. **Blood pressure readings should be recorded for the 7 days prior to visits to your specialist or local doctor. Please bring the completed form to your next visit. Please average morning and evening systolic (top number) and diastolic (bottom number) readings. An average reading less than 125/75 mmHg is ideal, especially in the morning.**

Start Date:		Morning		Evening	
Day 1	Reading 2	/	mmHg	/	mmHg
Day 1	Reading 3	/	mmHg	/	mmHg
Day 2	Reading 2	/	mmHg	/	mmHg
Day 2	Reading 3	/	mmHg	/	mmHg
Day 3	Reading 2	/	mmHg	/	mmHg
Day 3	Reading 3	/	mmHg	/	mmHg
Day 4	Reading 2	/	mmHg	/	mmHg
Day 4	Reading 3	/	mmHg	/	mmHg
Day 5	Reading 2	/	mmHg	/	mmHg
Day 5	Reading 3	/	mmHg	/	mmHg
Day 6	Reading 2	/	mmHg	/	mmHg
Day 6	Reading 3	/	mmHg	/	mmHg
Day 7	Reading 2	/	mmHg	/	mmHg
Day 7	Reading 3	/	mmHg	/	mmHg
Average		/	mmHg	/	mmHg