

BLOOD PRESSURE HOME MONITORING RECORD

Name: D.O.B:

Address:

NHS No

Record your blood pressure twice in the morning and twice in the evening.

Sit quietly for 5 minutes before each pair of readings.

Leave at least one minute between each measurement. Write both results in the boxes

Systolic (Syst) is the highest number – Diastolic (Diast) is the lower of the two.

When ever possible return the completed form to the Practice a week prior to your appointment or if not enough time, please bring this form with you to the clinic.

		Morning Readings				Evening Readings			
Day	Date	Reading One Syst Diast		Reading Two Syst Diast		Reading One Syst Diast		Reading Two Syst Diast	
1									
2									
3									
4									
5									
6									
7									
8									