**Home blood pressure diary**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ D.O.B \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please monitor and record your blood pressure readings for the next 7days (see behind for table) Take 2 readings in the morning and 2 readings in the evening, at a similar time, leaving at least a minute between each. Please do not round the numbers up or down. You may wish to write comments that may have affected your reading such as feeling unwell, changes in medications.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | Time | Systolic reading  (top number) | Diastolic reading  (bottom number) | Comments |
| Day 1 |  |  |  |  |
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| Day 2 |  |  |  |  |
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| Day 3 |  |  |  |  |
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| Day 4 |  |  |  |  |
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|  |  |  |
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| Day 5 |  |  |  |  |
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| Day 6 |  |  |  |  |
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|  |  |  |
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| Day 7 |  |  |  |  |
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| --- | --- | --- | --- | --- |
| Average | x |  |  |  |

How to work out your average blood pressure reading

1. Add up all of the readings in the systolic column and divide by the number of readings (28 readings if full BP diary has been completed)
2. Add up all of the readings in the diastolic column and divide by the number of readings