

### Home Blood Pressure Recording Sheet

Please take two blood pressure measurements at least one minute apart from each other whilst seated in the morning and evening. Discard the first measurement and record the second. This will allow us to average your blood pressure readings throughout the day.

Please record below the top (systolic or SYS) and bottom (diastolic or DIA) readings separately for each day.

We will then calculate the average of all your daily readings.

Enter a pulse figure for either the AM or PM each day if possible. *Please only write numbers in the boxes below*

Name:

Date of Birth:

Approximate date of recording blood pressure: .....

DAY	AM SYS	AM DIA	PM SYS	PM DIA	PULSE	
					AM	PM
1						
2						
3						
4						
5						
6						
7						

**PLEASE ONLY WRITE NUMBERS IN BOXES ABOVE**