

Home Blood Pressure record



Name: _____

DoB: _____

Please record your blood pressure three times each morning and evening for a week

Day	Date		Morning		Evening	
			Systolic	Diastolic	Systolic	Diastolic
1		1st measurement				
		2nd measurement				
		3rd measurement				
2		1st measurement				
		2nd measurement				
		3rd measurement				
3		1st measurement				
		2nd measurement				
		3rd measurement				
4		1st measurement				
		2nd measurement				
		3rd measurement				
5		1st measurement				
		2nd measurement				
		3rd measurement				
6		1st measurement				
		2nd measurement				
		3rd measurement				
7		1st measurement				
		2nd measurement				
		3rd measurement				

Weekly mean evening systolic blood pressure =		mmHg
Weekly mean evening diastolic blood pressure =		mmHg
Weekly mean morning systolic blood pressure =		mmHg
Weekly mean morning diastolic blood pressure =		mmHg

Notes

The first readings (in gray boxes) from each day are not used in the calculation.

ALL the boxes in black must be filled for the average to be accurate

Target BP for non diabetic patients is an average of <135/85 mmHg

References

[http://publications.nice.org.uk/hypertension-cg127/key-priorities-for-implementation'](http://publications.nice.org.uk/hypertension-cg127/key-priorities-for-implementation)