

## Your home blood pressure diary

Your name:	Doctors name:
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This diary will help you record your blood pressure (BP) over **7 consecutive days** giving you and your GP an accurate idea of your average BP. To learn more about validated BP monitors visit The British Hypertension Society website [www.heart.org/en](http://www.heart.org/en).

Take a reading twice a day, one between 6am and 12pm, and one between 6pm and 12am. If possible try to take the measurements at the same times each day. On each occasion take a minimum of two readings, leaving at least a minute between each. If the first two readings are very different, take 2 or 3 further readings.

In the table write down the numbers as they appear on the monitor - don't round them up or down. And use the comments section to record anything that could have affected your reading. When you've measured you BP over 7 consecutive days please return this to your doctor.

To learn more about blood pressure visit [www.westyorkshireandharrogatehealthyhearts.co.uk](http://www.westyorkshireandharrogatehealthyhearts.co.uk).

**Your Target Blood Pressure (if appropriate): lower than ..... /.....**

**Example:** Day one: *Monday 18 March 2019*

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments
8.43am	141	85	Felt a bit dizzy when I woke up
7.45pm	141	84	

Day One:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

Day Two:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

## Day Three:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

## Day Four:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

## Day Five:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

## Day Six:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments

## Day 7:

Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments