

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.

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 your BP over 7 consecutive days please return this to your doctor.

To learn more about blood pressure visit www.westyorkshireandharrogatehealthyhearts.co.uk.

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

Example:

Date	Time	Top number (Systolic BP)	Bottom number (Diastolic BP)	Comments
20/03/19	8.43am	141	85	Felt a bit dizzy when I woke up
20/03/19	7.45pm	141	84	

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

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