|  |  |  |  |
| --- | --- | --- | --- |
| **Name** |  | | |
| **Date of birth** |  | **GP** |  |

**Home readings are one of the most accurate ways to diagnose and treat high blood pressure.**Take your blood pressure whilst seated, *with your arm and back supported*, legs uncrossed and whilst you are not talking

Take two readings, at least a minute apart, morning and evening for 7 days recording the *lower of the two readings* onto this document.

Once you have completed 7 days of measurements, *calculate the average of all the readings*. Your doctor will want to know the average of you readings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Time** | **Systolic (upper)** | **Diastolic (lower)** | **Pulse** |
| Day One  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day Two  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day three  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day four  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day five  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day six  Date: | am |  |  |  |
|  | pm |  |  |  |
| Day seven  Date: | am |  |  |  |
|  | pm |  |  |  |
|  |  | **Average Systolic** | **Average diastolic** |  |