

Your name..... Date of birth..... Age.....

# Home blood pressure record sheet

One of the best ways to assess blood pressure is to monitor it at home over a week. Ask your doctor if home blood pressure monitoring could be right for you.

- Measure it when you are completely relaxed.
- Do not measure it if you are uncomfortable or anxious as your blood pressure may be misleadingly higher at these times.
- Each time, measure it 3 times and record only the lowest pair of numbers.
- There is no need to record your pulse rate.
- Do not worry about individual high readings.
- Repeat this twice a day for 7 days.
- Calculate the average (mean) of all of these readings.
- If your blood pressure is below target, simply repeat this exercise in one year.

Date	Time	Systolic reading	Diastolic reading
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
	Morning		
	Evening		
<b>Average (mean)</b>			
<b>Target</b>		135	85

Once complete, why not drop it in to your doctor to add to your medical record?