

## **Home Blood Pressure (BP) Diary**



Name:							Start date:							
When	to take h	nome BP	?											
DO t	ake measur	es at arour	nd the same	time in the	morning an	d evening								
DO t	ake before	taking med	lication, foo	d or vigorou	ıs exercise									
DO t	ake for 7 da	ys (5 day n	ninimum)											
DO t	ake as advis	sed by your	doctor e.g.	before visit	ing the doc	tor or after	r medicatio	n change						
How to	take ho	me BP?												
DO s	it quietly fo	r 5 minutes	s (no talking	/distraction	s such as T\	//extreme	temperatu	ıres)						
DO s	it with feet	flat on floo	or, legs uncre	ossed, uppe	r arm bare,	back and a	arm suppoi	rted (relax	ed position	with the cu	uff at heart	level)		
DO t	ake two me	asures 1 m	inute apart											
DO r	ecord each	measure ir	n a paper dia	ary or an ele	ectronic spre	ead sheet								
			eadings to ye											
			ffeine 30 mi		•	_								
DO N	I	-	f uncomfort		1						<u> </u>		1	
	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening
SBP 1														
DBP 1														
SBP 2														
DBP 2														
Average BP (except d										ept day 1)	SBP	DB		
Medica	tions (nam	e and dos	e):											
Oth on D	D woodings		- <b>-</b>	do ato /			مارين مي رياد				/	-l\-		
Other B	er readings	s as reque	sted by you	ar doctor (	e.g. Standir	ig or milac	iay or whe	en you are	e symptom	auc i.e. di	zzy/neadac	ne):		