

<b>Home Blood Pressure Diary</b>		<b>Date</b>	<b>AM/PM</b>	<b>Systolic</b>	<b>Diastolic</b>
<b>Name:</b>		Day 1	AM		
<b>Age:</b>		Day 1	AM		
<b>Target BP:</b>		Day 1	PM		
<b>Arm used:</b>		Day 1	PM		
<b>Cuff size:</b>	Medium	Day 2	AM		
<p>Please monitor and record your blood pressure at home for 7 consecutive days (unless you have been advised otherwise).</p> <p>On each day, monitor your blood pressure on two occasions- in the morning (between 6am and 12noon) and again in the evening (between 6pm and midnight). 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.</p> <p>Use the table to record all of your blood pressure readings. The numbers you write down should be the same as those that appear on the monitor screen - do not round the numbers up or down. An average is calculated using day 2 to 7 (day 1 is not included).</p> <p>Remember to take this diary with you to your next appointment/review.</p>		Day 2	AM		
		Day 2	PM		
		Day 2	PM		
		Day 3	AM		
		Day 3	AM		
		Day 3	PM		
		Day 3	PM		
		Day 4	AM		
		Day 4	AM		
		Day 4	PM		
		Day 4	PM		
		Day 5	AM		
		Day 5	AM		
		Day 5	PM		
		Day 5	PM		
		Day 6	AM		
		Day 6	AM		
		Day 6	PM		
		Day 6	PM		
		Day 7	AM		
		<b><u>Targets for home BP readings</u></b> (check with your doctor)		Day 7	AM
		Day 7	PM		
<b>Age less than 80</b>	<b>135 / 85</b>	Day 7	PM		
<b>Age over 80</b>	<b>145 / 85</b>	<b>6 Day Average BP</b>			