

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| Firstname | | | | Surname | | | |
| DoB | | | | | | | |
| DAY 1 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| DAY 5 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| DAY 2 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| DAY 6 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| DAY 3 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| DAY 7 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

| | | | | | | | |
|------------------|--------|--|--------|------------------|--|--|--|
| DAY 4 | | | | | | | |
| READING 1 | | | | READING 2 | | | |
| AM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |
| PM | TOP | | TOP | | | | |
| | BOTTOM | | BOTTOM | | | | |

Your average* blood pressure reading is:

| | |
|---------------|--|
| TOP | |
| BOTTOM | |

*Average reading is calculated over days 2-7 only

Your blood pressure should be taken in a quiet relaxed environment while seated. Try to avoid eating, drinking alcohol, or exercising for 30 minutes before taking the reading.

You should take 2 consecutive readings 1 minute apart, and this should be done twice daily, ideally in the morning and evening. Record should be taken for 7 days.