

Blood Pressure Diary



Name: _____

Date of Birth: _____

Address: _____

1. In the morning, ensure that you are rested and have taken no exercise in the last 30 minutes.
2. Then sit in a chair comfortably upright with your arm supported on a table beside you, with both feet on the ground.
3. Put the cuff on your upper arm (5cm above your elbow) resting on the table, the cuff should be roughly at the level of your heart.
4. Press the on/start button on the BP monitor and take three readings about 1 minute apart.
5. Record the lowest of these readings below with your pulse rate and any comments.
6. Repeat that evening & for a total of 7 days using alternate arms. Then return this diary (& BP monitor if borrowed) to us.

For a list of validated home blood pressure monitors, visit <https://bihsoc.org/bp-monitors/>.

Date of first reading: ____ / ____ / ____

	Systolic	Diastolic	Pulse	Comments
Day 1 AM				
Day 1 PM				
Day 2 AM				
Day 2 PM				
Day 3 AM				
Day 3 PM				
Day 4 AM				
Day 4 PM				
Day 5 AM				
Day 5 PM				
Day 6 AM				
Day 6 PM				
Day 7 AM				
Day 7 PM				

Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the remaining readings.

Add up all the systolic blood pressures & divide by the number of blood pressures done, then repeat with the diastolic blood pressures.

Average Blood Pressure: ____ / ____