

7 Day Home Blood Pressure Monitoring Diary

Patient Name.....

Date of Birth.....

Address.....

Day	Date	Pulse	Morning	Evening	Daily Average*
1					
2					
3					
4					
5					
6					
7					

Instructions

Each time take 2 readings (at least 2 mins apart) and document the 2nd result in the chart and always use the same arm.

1. Place the cuff around your upper arm about 1 inch above crease of arm
2. Keep arm straight and elevated to heart level
3. Sit straight with feet apart
4. Stay quiet and calm

*To calculate the **daily average**, add up the top numbers and divide by 2 then add up the bottom numbers and divide by 2. Do not calculate Day 1.

PLEASE RETURN THIS FORM TO RECEPTION

NEWLY DIAGNOSED HTN RETURN TO _____

EXISTING HTN RETURN TO _____