

## **Home Blood Pressure Record Sheet**

Home blood pressure monitoring:

- We know it may be difficult, but you should take blood pressure at least twice daily in the morning and evening.
- For each blood pressure recording, take two consecutive measurements at least 1 minute apart and whilst you are seated.
- Do this for a minimum of 4 days, ideally for 7 days.

Name			
Date of	f Birth		

Date	Time	Systolic AM	Diastolic PM	Time	Systolic PM	Diastolic PM
		(Upper value)				

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Date	Time	Systolic AM	Diastolic PM	Time	Systolic PM	Diastolic PM
		(Upper value)	(Lower value)			

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