

My Home Blood Pressure Monitor Diary

Name	
Date of birth	

	1st Blood Pressure (mmHg)	1 st Pulse (beats/minute)	2 nd Blood Pressure (mmHg)	2 nd Pulse (beats/minute)	Comments
Day 1 AM	/		/		
PM	/		/		
Day 2 AM	/		/		
PM	/		/		
Day 3 AM	/		/		
PM	/		/		
Day 4 AM	/		/		
PM	/		/		
Day 5 AM	/		/		
PM	/		/		
Day 6 AM	/		/		
PM	/		/		
Day 7 AM	/		/		
PM	/		/		

Average	/
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Patient Instructions:

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 top systolic blood pressures & divide by the number of blood pressures done, then repeat with the bottom diastolic blood pressures.