

Patient Home Blood Pressure Recordings Chart

Name: _____ Date of Birth: _____

Date of first reading: _____

Instructions:

Blood pressure is recorded twice daily, ideally in the morning and evening, continuing for at least 4 days, ideally for 7 days.

For each blood pressure recording take two consecutive measurements at least 1 minute apart whilst seated using a blood pressure machine cuff that goes around the upper arm (above the elbow).

Day	Morning Readings		Evening Readings	
	Reading 1	Reading 2	Reading 1	Reading 2
1	/	/	/	/
2	/	/	/	/
3	/	/	/	/
4	/	/	/	/
5	/	/	/	/
6	/	/	/	/
7	/	/	/	/