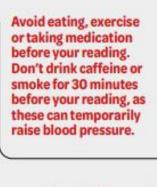
My Home Blood Pressure Monitor Diary

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

Average	1				
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Please see the following instruction before starting your measurements.

Checking your blood pressure at home



Use a cuff that fits the top half of your arm properly. Sit in a relaxed position and place the cuff on bare skin, or over thin fabric. The cuff should be at heart level.

It's important that you only use validated machines. Finger and/or wrist blood pressure devices are not recommended.

Empty bladder first.

Sit quietly for 5 minutes before taking your reading. Be still and silent whilst the reading is taken – talking and moving both affect accuracy.

Sit with both feet flat on the ground, and your back and arm supported.



Measure your blood pressure at the same time every day, when it is convenient for you. Each time you measure your blood pressure, take three measurements, 1-2 minutes apart.

Learn more at

bloodpressureuk.org

#KnowYourNumbers

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Blood Pressure

Helping you to lower your blood pressure

Blood Pressure UK is an operating name of the Blood Pressure Association. Charity Registration No. 1058944