Home blood pressure log: 7 days

Morning and evening, two readings each time, about one minute apart. Follow your own doctor's instructions if they differ.

Name _____ Start date _____ Arm used (same all week) _____ Monitor _____

1. 30 minutes before: no smoking, caffeine or exercise. Empty your bladder.
2. Sit with back supported, legs uncrossed, feet flat. Arm resting at heart level. Cuff on bare skin.
3. Rest quietly for 5 minutes. No talking or phone.
4. Take 2 readings about 1 minute apart. Write both down straight away.
5. Measure at about the same times each day.
6. Day 1 (shaded) is usually left out of the average. Bring the whole sheet to your appointment.

Day	Session	#	Date	Time	Top (systolic)	Bottom (diastolic)	Pulse	Notes
Day 1 usually left out of average	Morning	1						
		2						
	Evening	1						
		2						
Day 2	Morning	1						
		2						
	Evening	1						
		2						
Day 3	Morning	1						
		2						
	Evening	1						
		2						
Day 4	Morning	1						
		2						
	Evening	1						
		2						
Day 5	Morning	1						
		2						
	Evening	1						
		2						
Day 6	Morning	1						
		2						
	Evening	1						
		2						
Day 7	Morning	1						
		2						
	Evening	1						
		2						

Average top (systolic), days 2 to 7

Add the top numbers, divide by how many you added.

Average bottom (diastolic), days 2 to 7

Same with the bottom numbers.

Readings used

24 if none were missed.

Get emergency care now for chest pain, trouble breathing, or signs of a stroke (weakness, numbness, a change in vision, trouble speaking). This sheet is a record, not medical advice. Your doctor decides what the numbers mean. Based on NICE NG136, American Heart Association and Hypertension Canada guidance; sources and full guide: leuxll.github.io/bp-log-legal/home-blood-pressure-week.html