

<u>Patient Name</u>	
<u>D.O.B</u>	

Home Blood Pressure Monitoring Record

Park Avenue Medical Practice

- The higher reading is the **SYSTOLIC** result
- The lower reading is the **DIASTOLIC** result
- Be seated and rested for each Bp recording
- Record your BP twice a day (ideally morning and evening)
- On each occasion two readings should be taken at least one minute apart
- Only record the lower of the two readings

Date	Morning		Evening	
	Systolic	Diastolic	Systolic	Diastolic
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				
TOTAL (Add up columns days 1-7)	A	B	C	D

ADD SYSTOLIC TOTALS (A&C) =..... :DIVIDE BY 14 =.....

ADD DIASTOLIC TOTALS (B&D) =..... :DIVIDE BY 14 =