



BP ONLY to be TAKEN TWICE A DAY for one week.
AM and PM.

Blood pressure Readings

Name:

DOB:

NHS:

	Date	Time	Systolic (top reading)	Diastolic (lower reading)	Pulse
Day 1 am					
Day 1 pm					
Day 2 am					
Day 2 pm					
Day 3 am					
Day 3 pm					
Day 4 am					
Day 4 pm					
Day 5 am					
Day 5 pm					
Day 6 am					
Day 6 pm					
Day 7 am					
Day 7 pm					
			Average readings (completed by admin staff)		

- **Please hand in at reception when completed**
- **This chart will be scanned to your medical records and passed to a GP for their attention**
- **Please phone the surgery 7-10 days after handing in your completed form and reception will inform you as to whether any further action is required**