

# Home Blood Pressure Recording chart

**Name:** Click or tap here to enter text

**NHS number:** Click or tap here to enter text

**Address:** Click or tap here to enter text

**Date of birth:** Click or tap here to enter text

## Patient Information

Blood pressure can vary greatly throughout the day which is normal. It's useful to record these readings over one week and to try to take readings at different times (both morning and afternoon) to get an overall picture of your blood pressure readings.

- Always take your blood pressure sitting down in the same position
- You should sit with your arm relaxed on the table, preferably with your arm level with your heart
- The cuff should cover the inner aspect of your arm, near the crease of the elbow
- Sit and relax for 5-10 minutes before taking the readings
- Switch the machine on
- The machine will take your reading automatically

When recording your readings, the higher reading is called the systolic blood pressure and the lower reading is the diastolic blood pressure e.g. 120/80. Both readings are important.

It is useful to keep a record of your pulse and what you were doing or where the blood pressure was taken e.g. at work, after exercise, when stressed

Date	Time	Systolic (Higher reading)	Diastolic (Lower reading)	Pulse	Comments
Day 1	AM 1: Type here	Type here	Type here	Type here	Type here
	AM 2: Type here	Type here	Type here	Type here	Type here
	PM 1: Type here	Type here	Type here	Type here	Type here
	PM 2: Type here	Type here	Type here	Type here	Type here
Day 2	AM 1: Type here	Type here	Type here	Type here	Type here
	AM 2: Type here	Type here	Type here	Type here	Type here
	PM 1: Type here	Type here	Type here	Type here	Type here
	PM 2: Type here	Type here	Type here	Type here	Type here
Day 3	AM 1: Type here	Type here	Type here	Type here	Type here
	AM 2: Type here	Type here	Type here	Type here	Type here
	PM 1: Type here	Type here	Type here	Type here	Type here
	PM 2: Type here	Type here	Type here	Type here	Type here
Day 4	AM 1: Type here	Type here	Type here	Type here	Type here
	AM 2: Type here	Type here	Type here	Type here	Type here
	PM 1: Type here	Type here	Type here	Type here	Type here
	PM 2: Type here	Type here	Type here	Type here	Type here
Day 5	AM 1: Type here	Type here	Type here	Type here	Type here
	AM 2: Type here	Type here	Type here	Type here	Type here
	PM 1: Type here	Type here	Type here	Type here	Type here
	PM 2: Type here	Type here	Type here	Type here	Type here