**Home Blood Pressure Monitoring** (HBPM) **Diary**

Patient’s Name: .................................................. Date of Birth: ...................................

The **systolic** BP is the higher number given **1st** - the **top number**.

The **diastolic** BP is the lower number given **2nd** - the **bottom number**.

* Avoid drinking **tea**, **coffee** and **strenuous exercise** an hour before measurement.
* For each recording, take two measurements at least 1 minute apart.
* Record BP twice a day – Ideally **Morning** and **Evening.**
* Record BP for 7 days.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day** | **Date** | **Activity** | **Morning** | **Evening** |
| Time | Systolic | Diastolic | Time | Systolic | Diastolic |
| 1 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 2 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 4 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 5 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 6 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| 7 |  |  |  |  |  |  |  |  |
|  |  |  |  |
| **Totals from day 2 - 3 - 4 - 5 - 6 - 7** |  |  | **+** > |  |  |

You can calculate your average blood pressure by calculating the average of all systolic readings and then

all the diastolic readings from **day 2 – 7** \*

 \***DO NOT** include day 1 readings (These may be raised whilst getting use to the machine)

|  |  |  |
| --- | --- | --- |
|  |  | (Systolic) |
|  |
| My Average Blood Pressure = | ------------------- |  |
|  | (Diastolic) |
|  |