**My Home Blood Pressure Monitor Diary**

Name: …………………………………………………………………………………………………………………………………………………………..

Date of birth: ………………………………………………………………………………………………………………………………………………..

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Date** | **1st Blood Pressure**  (mmHg) | **1st Pulse**  (beats/minute) | **2nd Blood Pressure**  (mmHg) | **2nd Pulse**  (beats/minute) | **Comments** |
| **Day 1 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 2 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 3 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 4 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 5 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 6 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |
| **Day 7 AM** |  | **/** |  | **/** |  |  |
| **PM** |  | **/** |  | **/** |  |  |

|  |  |
| --- | --- |
| **Average** | **/** |

**How to calculate your Average Blood Pressure:**

Ignore the first day of readings (as this was when you were getting used to the monitor) and take an average of the remaining readings.

Add up all the top systolic blood pressures & divide by the number of blood pressures done, then repeat with the bottom diastolic blood pressures**.**