

## HOME BLOOD PRESSURE MONITORING

Make sure you have a good quality blood pressure machine using a well fitting arm cuff

Take your blood pressure in the morning and in the evening

Make sure you are sitting comfortably

Take the blood pressure 3 times each sitting leave 1 minute between each time

Enter the lowest blood pressure you take in the table below

Systolic (sys) is the first number (the highest one) and diastolic (dia) is the second number

	HBPM	Morning		Evening	
	Date	Sys	Dia	Sys	Dia
1					
2					
3					
4					
5					

Average


Clinic

Name


DOB