**HOME BLOOD PRESSURE LOG SHEET**

 Home blood pressure monitoring

* We appreciate it is difficult but you should take blood pressure at least twice daily in the morning and evening.
* For each blood pressure recording, take two consecutive measurements at least 1 minute apart and whilst you are seated.
* Do this for a minimum of 4 days, ideally for 7 days.

# **Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date of Birth/Patient Number\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| Date | Time | Systolic(Upper value) First reading | Diastolic(Lower value) First reading | Systolic(Upper value) | Diastolic(Lower value) | Pulse |
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