

	DATE	TIME	COMMENTS	BP Reading #1 (mmHg)		BP Reading #2 (mmHg)	
				Systolic	Diastolic	Systolic	Diastolic
Day 1 Morning							
Day 1 Evening							
Day 2 Morning							
Day 2 Evening							
Day 3 Morning							
Day 3 Evening							
Day 4 Morning							
Day 4 Evening							
Day 5 Morning							
Day 5 Evening							
Day 6 Morning							
Day 6 Evening							
Day 7 Morning							
Day 7 Evening							
Average							