



## Home Blood Pressure Recording Chart

To check your blood pressure at home you need to take 2 readings each morning and evening for 7 days.

Whilst seated take 2 readings, the second one 1-2 minutes after the first. Record the highest reading in the table.

### How to record:

For example:

128  Systolic - top number  
89  Diastolic- bottom number

Day 1 - example	128/89	126/85
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### Your diary

Please record your values here:

	Morning blood pressure	Evening blood pressure
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

### This is how to work out the average:

To work out your blood pressure we ignore the first day's readings and take an average of the rest.

1. Add up all the systolic numbers (top number) and divide by 12
2. Add up all the diastolic values (bottom number) and divide by 12
3. Record your average here =  $\frac{\text{systolic}}{\text{diastolic}}$  = \_\_\_\_\_

Or, you can give these readings to your GP to calculate the average