

# Helping you to manage your blood pressure

## Home Blood Pressure Diary

My name: .....

My age: .....

I have been prescribed: .....

My blood pressure goal: ..... / ..... mmHg

1. Only use validated machines. Finger and wrist devices are not recommended.
2. Use a cuff that fits the top half of your arm properly.
3. Take blood pressure measurement at around the same time in the morning or evening
4. Take it before eating, taking medication or vigorous exercise
5. Sit comfortably with both feet on the floor for 5 minutes (*no talking/distraction*)
6. Take two measurements one minute apart
7. Note down your blood pressure in this diary and show it to your GP at every visit.

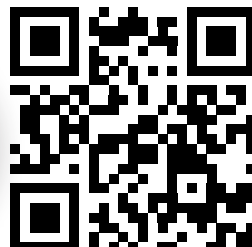
Date	Time AM	Blood Pressure		Time PM	Blood Pressure		Notes (e.g. medication change, stressful day at work)
		Top number	Bottom number		Top number	Bottom number	

### My Story, My Advice

is an **education & blood pressure diary booklet**, co-created with Australians living with high blood pressure and is based on their stories and advice on healthy living.

### Useful link

Get access to **printable BP monitoring sheets**



Ask your GP for a copy

### My next GP visit is...

Clinic: .....

Doctor: .....

Date: .....

Time: .....

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