

# Monitoring Blood Pressure at Home

## Home Blood Pressure Diary

My name: .....

My age: .....

I have been prescribed: .....

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

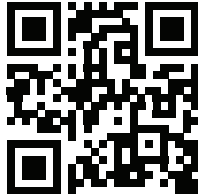
1. Only use validated machines. Finger and wrist devices are not recommended.
2. Use a cuff that fits the top half of your arm properly.
3. Take BP measurement at around the same time in the morning or evening.
4. Take it before eating, taking medication or vigorous exercise.
5. Sit comfortably with both feet on the floor for 5 minutes. Relax, be still and don't talk.
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	

### Track Your BP at Home

Scan to access info & resources related to high blood pressure.

You can also print more of these sheets to track your BP at home.



### My next GP visit is...

Clinic: .....

Doctor: .....

Date/Time: .....

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		Top number	Bottom number		Top number	Bottom number	