

210 Chapeltown Road, Leeds LS7 3JT 0113 2211888 stmartinspracticeleeds.nhs.uk

BLOOD PRESSURE HOME MONITORING RECORD

Your name:	
Your date of birth:	
Your address:	
Today's date:	

Record your blood pressure twice in the morning and twice in the evening.

Sit quietly for 5 minutes before each pair of readings.

Leave at least one minute between each measurement.

Write both results in the boxes:

Systolic (Syst) is the highest number – Diastolic is the lower of the two.

Whenever possible return the completed form to the practice a week prior to your appointment or if not enough time, please bring this form with you to the clinic.

Please read our leaflet: "Home blood Pressure monitoring", also available on our website

		Morning	Readings			Evening Readings			
Day Date		Reading One Syst Diast		Reading Two Syst Diast		Reading One Syst Diast		Reading Two Syst Diast	
1				,				,	
2									
3									
4									
5									
6									
7									
8									