

Blood Pressure Chart

Name Adam Smith L.oiiuive

Date of Birth 21/09/1990

Date	Time	Systolic (upper value) First reading	Diastolic (lower value) First reading	Systolic (upper value)	Diastolic (lower value)	Pulse	Comment

Home blood pressure monitoring

- We appreciate it is difficult but you should take blood pressure at least twice daily in the morning and evening.
- For each blood pressure recording, take two consecutive measurements at least 1 minute apart and whilst you are seated.
- Do this for a minimum of 4 days, ideally for 7 days.

