

### HOME BP MONITORING FORM

- Take two consecutive measurements, at least one minute apart.
- Record BP twice daily, ideally in the morning and evening.

NAME:		DOB:			
DATE:		MORNING 1	MORNING 2	EVENING 1	EVENING 2
DAY 1	SYSTOLIC				
	DIASTOLIC				
DAY 2	SYSTOLIC				
	DIASTOLIC				
DAY 3	SYSTOLIC				
	DIASTOLIC				
DAY 4	SYSTOLIC				
	DIASTOLIC				
DAY 5	SYSTOLIC				
	DIASTOLIC				
DAY 6	SYSTOLIC				
	DIASTOLIC				
DAY 7	SYSTOLIC				
	DIASTOLIC				

**To calculate your average reading:**

1. Take the lower of each of the 2 readings from morning and evening
2. Add the top numbers together (systolic BP) and divide by the total number of readings (14 readings)
3. Add the bottom numbers together (diastolic BP) and divide by the total number of readings (14 readings)

**AVERAGE BP RESULT:**.....