

# BLOOD PRESSURE RECORD SHEET

- Write the top reading on your machine by the S: and the bottom reading by the D: for example if the reading was 149/92 enter:
 

|        |
|--------|
| S: 149 |
| D: 92  |
- Continue this for 7 days

|       | Date | Morning 1            | Morning 2            | Evening 1            | Evening 2            |
|-------|------|----------------------|----------------------|----------------------|----------------------|
| Day 1 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 2 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 3 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 4 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 5 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 6 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |
| Day 7 |      | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ | S: _____<br>D: _____ |

Discard the measurements taken on the first day (Day1)

Add all the top numbers (S: ) from Day 2 to Day 7 divide the number by number of results (24)

Add all the bottom numbers (D: ) from Day 2 to Day 7 and divide by number of results (24)

Write your average BP result here:

|          |
|----------|
| S: _____ |
| D: _____ |

|                             | <b>Systolic</b><br>mmHg (Upper number) |        | <b>Diastolic</b><br>mmHg (Lower number) |
|-----------------------------|--|--------|---|
| <b>Normal</b>               | <b>Below 120</b>                       | and    | <b>Below 80</b>                         |
| <b>Elevated</b>             | <b>120 - 129</b>                       | and    | <b>Below 80</b>                         |
| <b>Hypertension stage 1</b> | <b>130 - 139</b>                       | or     | <b>80 - 89</b>                          |
| <b>Hypertension stage 2</b> | <b>140 or Higher</b>                   | or     | <b>90 or Higher</b>                     |
| <b>Hypertensive crisis</b>  | <b>Above 180</b>                       | and/or | <b>Above 120</b>                        |

If you have any concerns about your blood pressure, please contact your GP.