

Blood pressure diary

Seven days, morning and evening, two readings each

WEEK OF _____

NAME _____ ARM _____ MONITOR _____

DATE	MORNING			EVENING			NOTES
	1ST SYS/DIA	2ND SYS/DIA	HR	1ST SYS/DIA	2ND SYS/DIA	HR	
1	/	/		/	/		
2	/	/		/	/		
3	/	/		/	/		
4	/	/		/	/		
5	/	/		/	/		
6	/	/		/	/		
7	/	/		/	/		
WEEK AVERAGE UK NICE: days 2 to 7 _____ / _____ mmHg HR _____ bpm							

SYS: systolic. DIA: diastolic. HR: heart rate. Calculate it at bdiary.app/en-gb/avg

BEFORE YOU MEASURE

- 1 Sit quietly for five minutes first, without talking.
- 2 No caffeine, smoking or exercise in the thirty minutes before.
- 3 Bare arm, cuff at heart level, arm resting on a table.
- 4 Take two readings one minute apart and write down both.
- 5 Measure at the same times every day.

HOME READINGS

Normal
SYS below 120 and DIA below 70

Elevated
SYS 120 to below 135, or DIA 70 to below 85

Hypertension
SYS 135 or higher, or DIA 85 or higher

ESC 2024