

BLOOD PRESSURE RECORD

PATIENT NAME

GP NAME

DATE

| | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
|------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|
| Morning | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading |
| Afternoon | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading |
| Evening | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading | Top Reading Bottom Reading |

Smoking Status: **Never/Ex Smoker/Smoker (please circle)**

For Practice Use only

Average **TOP** reading.....
reading.....

Average **BOTTOM**

Please work out the average by adding all the top readings from days 2 - 7 then divide by 18 and do same for bottom readings