

Home Blood Pressure Chart

7-day home monitoring record

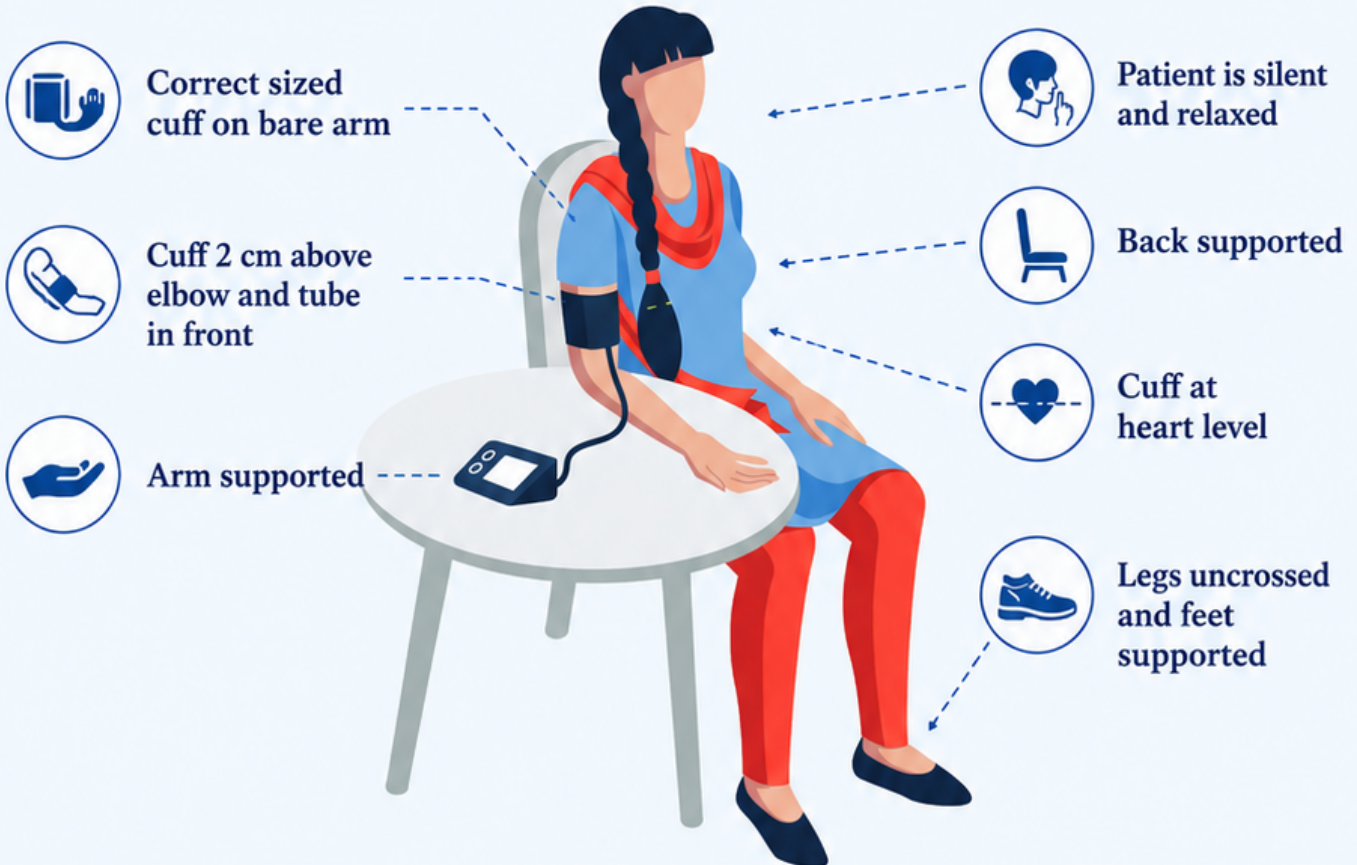
Day / Time		Systolic (Upper value)	Diastolic (Lower value)	Pulse	Comments
Day 1	AM				
	PM				
Day 2	AM				
	PM				
Day 3	AM				
	PM				
Day 4	AM				
	PM				
Day 5	AM				
	PM				
Day 6	AM				
	PM				
Day 7	AM				
	PM				
AVERAGE					



How to Measure Blood Pressure at Home

Before you start, sit quietly and follow the steps below.

BP Measurement Checklist



✓ The Do's

- **Measure twice a day:** once in the morning and once in the evening before bedtime.
- Take your morning reading before breakfast, before tea or coffee, and before taking blood pressure medication.
- **Rest first:** sit quietly for 5 minutes before pressing start.
- Use the same arm each time and rest it on a table so the cuff is level with your heart.
- Sit properly: back supported, feet flat on the floor, legs uncrossed.
- Take two readings, 1 minute apart, and write both down.

✗ The Don'ts

- Do not measure within 30 minutes of exercise.
- Do not measure on a full bladder. Go to the toilet first.
- Do not talk or move while the cuff is inflating.
- Do not put the cuff over thick clothing. Use a bare arm.
- Do not smoke or drink caffeine for at least 30 minutes before the reading.

