Home Blood Pressure Monitoring

Ensure that:

1. For each blood pressure recording, two consecutive measurements are taken, at least 1 minute apart, and with the person seated.
2. Blood pressure is recorded twice daily, ideally in the morning and evening – Record the lowest reading.
3. Blood pressure recording continues for 7 days.

| DATE |  | TIME | (Top number)  SYSTOLIC | (Bottom Number)  DIASTOLIC |
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Name:…………………………………………………………….

D.O.B:….............................................................

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