**Home Blood Pressure Record Name:**

 **Date of birth:**

 **For attention of:**

Take your blood pressure twice daily, both am and pm. Each time take 2 readings, sitting quietly for a minute before taking the second reading. Record them in the table below.

Have your arm supported on a surface at mid chest height. Feet flat on floor with legs uncrossed. Avoid taking your BP within a half hour of smoking, exercising or drinking coffee, or if you need to use the toilet.

If you would like to watch a demonstration of someone taking their BP at home, you can do this on the British Heart Foundation website: [www.bhf.org.uk/informationsupport/support/manage-your-blood-pressure-at-home](http://www.bhf.org.uk/informationsupport/support/manage-your-blood-pressure-at-home)

|  |  |  |  |
| --- | --- | --- | --- |
| ***Date*** | ***Time*** | ***BP 1*** | ***BP 2***  |
| **Example**Day 1 AM | 08.30 | 135/80 | 130/85 |
| 1/5/22 PM | 18.00 | 140/75 | 125/75 |
| 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 |  |  |  |