



When recording your blood pressure each time we recommend you take three readings and write down the lowest. Blood pressure is recorded as the Systolic (SYS)/Diastolic (DIA) e.g. 120/80

| Time    | Day One | Day Two | Day Three | Day Four | Day Five | Day Six | Day Seven |
|---------|---------|---------|-----------|----------|----------|---------|-----------|
| __:__am |         |         |           |          |          |         |           |
| __:__am |         |         |           |          |          |         |           |
| __:__pm |         |         |           |          |          |         |           |
| __:__pm |         |         |           |          |          |         |           |