Blood Pressure Diary - Weekly Tracker Record

The Cranborne Practice
Lake Road Surgery

Use this editable diary to record your blood pressure readings over the week. Take morning and evening readings at consistent times and log any relevant symptoms or notes. Visit the practice website here for more guidance on taking your blood pressure readings at home.

Day	Time AM	Morning Readings (mmHg)			Time PM	Evening Readings (mmHg)			Symptoms / Notes
		Reading 1	*Reading 2*	*Reading 3*		*Reading 1*	*Reading 2*	*Reading 3*	*Explain anything that may have affected your readings*
	08.14	144/85	140/83	139/84	19:42	132/82	130/81		When I woke up, I had a headache
1		/	/	/		/	/	/	
2		/	/	/		/	/	/	
3		/	/	/		/	/	/	
4		/	/	/		/	/	/	
5		/	/	/		/	/	/	
6		/	/	/		/	/	/	
7		/	/	/		/	/	/	

Instructions & Guidance

- **Preparation:** Rest quietly for 5 minutes before taking a reading. Avoid caffeine, exercise, and smoking 30 minutes prior.
- **Positioning:** Sit upright in a chair with back support, feet flat on the floor and arms supported at heart level.
- **Multiple Measurements:** Take 2 to 3 readings each session (1 minute apart) and log them all.
- **Work out your average:** Discard the readings from Day 1 (these just help you get used to the monitor) Add up all the top (systolic) numbers **from Days 2 to 7** and divide by the **total** number of readings taken on these days, then do the same for the bottom (diastolic) numbers.

Patient Name:

Date of Birth: