

Day	Morning			Evening			Notes
	Reading 1	Reading 2	Pulse	Reading 1	Reading 2	Pulse	
Day 1							
Day 2							
Day 3							
Day 4							
Day 5							
Day 6							
Day 7							
Week average (days 2 to 7)							Leave out the first day and average the rest.

Blood pressure in mmHg, pulse in beats per minute.

Before you measure

- 1. Sit quietly for five minutes first, without talking.
- 2. No caffeine, smoking or exercise in the thirty minutes before.
- 3. Bare arm, cuff at heart level, arm resting on a table.
- 4. Take two readings one minute apart and write down both.
- 5. Measure at the same times every day.

ESC 2024 home ranges

Normal	below 120/70
Elevated	120/70 to 134/84
Hypertension	135/85 or higher

Not a medical device. Talk to your doctor about your readings.

bpd diary.shenfleet.dev/en-gb/printable-blood-pressure-log/