

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