

My Blood Pressure Diary



Name: _____

Start date: ____ / ____ / ____



Measure your blood pressure (BP) for 7 days (minimum 5 days) – at around the same time in the morning and in the evening. Each time you measure, take 3 readings, 1 minute apart, and record the average from each reading twice.

	Day 1		Day 2		Day 3		Day 4		Day 5		Day 6		Day 7	
	Morning	Evening	Morning	Evening										
SBP 1														
SBP 2														
DBP 1														
DBP 2														
												Average BP (include Day 1)	SBP	DBP

SBP = systolic BP (the top number) DBP = diastolic BP (the bottom number)

Medications (name and dose)

Other BP readings as requested by your doctor (e.g. standing or walking or when you are asymptomatic) (e.g. dizziness)

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Diary Of My Heart

S Ben Porath



Diary Of My Heart:

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