7-Day Blood Pressure Monitoring Diary

Record your readings. Share them with your healthcare professional.

Name: _____ **Week starting:** _____

Day / Date	Session	Reading 1		Reading 2		Notes (optional)
		SYS	DIA	SYS	DIA	
Day 1 _____	Morning					
	Evening					
Day 2 _____	Morning					
	Evening					
Day 3 _____	Morning					
	Evening					
Day 4 _____	Morning					
	Evening					
Day 5 _____	Morning					
	Evening					
Day 6 _____	Morning					
	Evening					
Day 7 _____	Morning					
	Evening					

SYS = systolic (top number) DIA = diastolic (bottom number). Record BP in mm Hg.

> Remember: Take two readings at least one minute apart during each morning and evening session, unless your healthcare professional advises otherwise.

How to Measure Your Blood Pressure

A few simple steps help you record consistent home readings.

1

Choose the right equipment

Use a validated upper-arm blood pressure monitor with a correctly sized cuff.

2

Prepare beforehand

Avoid caffeine, smoking and exercise for at least 30 minutes beforehand. Empty your bladder.

3

Sit and rest

Sit quietly for five minutes, with your back supported and feet flat on the floor.

4

Position your arm

Rest your arm at heart level and place the cuff on bare skin.

5

Stay still and quiet

Remain still and avoid talking during the measurement.

6

Take and record both readings

Take two readings at least one minute apart and record both.

Medical Disclaimer

This log is intended for recording home blood pressure readings and sharing them with your healthcare professional. It does not diagnose hypertension or replace personalised medical assessment. Do not change prescribed medication without professional guidance.