**SELF MONITORING BLOOD PRESSURE CHART**

**Name:**

**Measure your blood pressure, 2 readings in the morning a minute apart, and 2 readings in the evening a minute apart**

**(around the same time morning and evening), for 7 days and entre the readings in the chart below.**

**Please disregard the first day’s readings and average all the other readings.**

|  |  |  |
| --- | --- | --- |
|  | Morning | Evening |
| Day 1 | Reading 1:  Reading 2: |  |
| Day 2 | Reading 1:  Reading 2: |  |
| Day 3 | Reading 1:  Reading 2: |  |
| Day 4 | Reading 1:  Reading 2: |  |
| Day 5 | Reading 1:  Reading 2: |  |
| Day 6 | Reading 1:  Reading 2: |  |
| Day 7 | Reading 1:  Reading 2: |  |
| Average of all blood pressure Day 2-7 | | |
| Systolic (higher number) |  | |
| Diastolic (lower number) |  | |