**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) |  |