

## Blood Pressure Tracker

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Please sit for 10 mins before taking your blood pressure reading.  
 Take 3 readings, 1-2 mins apart, in one session each day for 7 days.  
 Remain seated until all 3 readings have been taken.

Surgery Contact Details: 01276 538600 lightwater.admin@nhs.net

Day	Date	Reading	Systolic	Diastolic	Comments
<i>Example - Day 1</i>	<i>01/01/2020</i>	<i>1st</i>	<i>122</i>	<i>61</i>	<i>eg felt a bit dizzy when I woke up</i>
Day 1		1st			
Day 1		2nd			
Day 1		3rd			
Day 2		1st			
Day 2		2nd			
Day 2		3rd			
Day 3		1st			
Day 3		2nd			
Day 3		3rd			
Day 4		1st			
Day 4		2nd			
Day 4		3rd			
Day 5		1st			
Day 5		2nd			
Day 5		3rd			
Day 6		1st			
Day 6		2nd			
Day 6		3rd			
Day 7		1st			
Day 7		2nd			
Day 7		3rd			