

**Mull Medical Practice  
36 Admiral Street  
Glasgow, G41 1HU**

**PATIENT HOME BLOOD PRESSURE RECORDING CHART**

Patient label goes here!

**Instructions:**

Blood pressure is recorded twice daily, in the morning and evening, for 7 days.

For each blood pressure take 2 consecutive measurements at least 1 minute apart while seated using a blood pressure machine cuff that goes around the upper arm (above the elbow)

**START DATE:** \_\_\_\_\_

| <b>Day</b> | <b>Morning</b>   |                  | <b>Evening</b>   |                  |
|------------|------------------|------------------|------------------|------------------|
|            | <b>Reading 1</b> | <b>Reading 2</b> | <b>Reading 1</b> | <b>Reading 2</b> |
| <b>1</b>   | /                | /                | /                | /                |
| <b>2</b>   | /                | /                | /                | /                |
| <b>3</b>   | /                | /                | /                | /                |
| <b>4</b>   | /                | /                | /                | /                |
| <b>5</b>   | /                | /                | /                | /                |
| <b>6</b>   | /                | /                | /                | /                |
| <b>7</b>   | /                | /                | /                | /                |