Blood pressure and heart-rate diary

Four weekly sheets - date, time, readings and how you feel

Use one row for each reading. Bring this diary and your monitor to your next review.

How to measure and record

- Use a validated upper-arm monitor with the correct cuff size. Avoid caffeine, smoking and exercise for 30 minutes beforehand; empty your bladder. Rest quietly for 5 minutes.
- Sit with your back supported, feet flat and legs uncrossed. Put the cuff on bare skin and support your arm at heart level. Do not talk during the reading.
- Take two readings at least 1 minute apart and write both on separate rows. Follow your clinician's schedule; a common short assessment is morning and evening.
- Write the date and exact time, systolic (top number), diastolic (bottom number) in mmHg and heart rate in beats per minute. In the last column write symptoms, how you feel, or "well". Note an irregular-pulse symbol if shown.

When to get help

Call 112 for chest pain, severe breathlessness, fainting or new weakness, speech or vision problems - do not wait to complete the diary. If systolic is 180 or higher OR diastolic is 120 or higher without these symptoms, rest, repeat after at least 1 minute and seek urgent advice if still high.

Do not change medicines from a single reading. Ask for advice about repeated unusual pulse readings or palpitations. Pregnancy and some conditions need different targets and urgent thresholds.

Name / date of birth

My clinician's BP and pulse targets / measuring schedule

Sources and further reading

American Heart Association: home blood pressure monitoring
https://www.heart.org/en/health-topics/high-blood-pressure/understanding-blood-pressure-readings/monitoring-your-blood-pressure-at-home

NHS: home blood pressure checks
https://www.nhs.uk/tests-and-treatments/blood-pressure-test/

Week 1 - my readings

Write both readings separately. Print extra sheets whenever needed.

Name: **Week beginning:**

Date	Time	Systolic mmHg	Diastolic mmHg	Heart rate beats/min	How I feel / symptoms

28 rows = 7 days if you record two morning and two evening readings. Follow your own agreed schedule.

Week 2 - my readings

Write both readings separately. Print extra sheets whenever needed.

Name: **Week beginning:**

Date	Time	Systolic mmHg	Diastolic mmHg	Heart rate beats/min	How I feel / symptoms

28 rows = 7 days if you record two morning and two evening readings. Follow your own agreed schedule.

Week 3 - my readings

Write both readings separately. Print extra sheets whenever needed.

Name: **Week beginning:**

Date	Time	Systolic mmHg	Diastolic mmHg	Heart rate beats/min	How I feel / symptoms

28 rows = 7 days if you record two morning and two evening readings. Follow your own agreed schedule.

Week 4 - my readings

Write both readings separately. Print extra sheets whenever needed.

Name: **Week beginning:**

Date	Time	Systolic mmHg	Diastolic mmHg	Heart rate beats/min	How I feel / symptoms

28 rows = 7 days if you record two morning and two evening readings. Follow your own agreed schedule.