

Burbage Surgery

Home Blood Pressure Monitoring Record

Name

Date of Birth

Instructions

- Please record your blood pressure twice in a morning and twice in an evening. Try to sit quietly for 5 minutes before the reading.
- Write each result in the box e.g. 159/82
- Once completed return to Alison Stapleford , Administrator, at Burbage Surgery.

		Morning		Evening	
Day	Date	Reading one	Reading two	Reading one	Reading two
1					
2					
3					
4					
5					
6					
7					
8					