CROSSROADS MEDICAL PRACTICE

Home Blood Pressure Monitoring

- Please take readings morning and evening for 7 days.
- On each occasion take 2 readings and leave at least 1 minute between these readings.
- Please ensure you are seated whilst taking the blood pressure.
- Record in the chart below.

Name..... D.O.B...../.....

Day	Date	AM 1st reading	AM 2nd reading	PM 1st reading	PM 2nd reading	Comments