**3W Health**

BLOOD PRESSURE READINGS – HOME MONITORING

Your doctor has suggested you monitor your blood pressure at home.

Take **3** readings in the morning and another **3** in the evening, taking each reading **ONE** minute apart. Record the lowest blood pressure in the chart below.

**NAME:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Date of Birth:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**REQUESTING GP:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| Date – DD/MM/YY | Time of Reading | Systolic | Diastolic | Pulse | Comments |
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| **AVERAGE** |  |  |  |  |  |