

Blood Pressure Recording Chart

Date		Time	Comments	Heart Rate (beats/min)	BP Reading #1		BP Reading #2	
					Systolic	Diastolic	Systolic	Diastolic
	Day 1 Morning							
	Day 1 Evening							
	Day 1 Morning							
	Day 1 Evening							
	Day 2 Morning							
	Day 2 Evening							
	Day 3 Morning							
	Day 3 Evening							
	Day 4 Morning							
	Day 4 Evening							
	Day 5 Morning							
	Day 5 Evening							
	Day 6 Morning							
	Day 6 Evening							
	Day 7 Morning							
	Day 7 Evening							
	Average day 2 to day 7							