

7-day home blood pressure form: morning and evening

Two readings each morning and each evening for seven days, a minute apart. Discard day 1 and average the rest — that is the figure your doctor compares to 135/85.

Date	Time	Systolic	Diastolic	Pulse	Arm	Notes
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						