Instructions:

- Check your blood pressure once in the morning (between 6am and 12pm) and once in the evening (between 6pm and midnight) for 7 days.
- Every time you measure your blood pressure take 2 measurements at couple of minutes apart. You may need to take a third reading if the first 2 are very different.
- Write down the top number (systolic blood pressure) before the slash, and bottom (diastolic blood pressure) after the slash for each reading. For example, 120/80.
- When you take your blood pressure make sure you DO NOT use your fistula arm
- When you take your blood pressure, make sure you're feeling calm and not anxious or stressed. Sit upright with your back against the back of the chair and feet flat on the floor. Rest your arm on a table and keep your hand relaxed. Do not clench your fist.

Home Blood Pressure Diary

Name: _____

Home Blood Pressure Diary

Name: _____ **Date of birth:** _____

Record two blood pressure readings in the morning and evening for seven days.

Date	Time	Reading	Systolic mmHg	Diastolic mmHg
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		
		1		
		2		

Please return to: _____

Notes: