

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

### Kirkburton Health Centre - Home Blood Pressure Readings

Day	Morning		Evening	
	Reading 1	Reading 2	Reading 1	Reading 2
1	/	/	/	/
2	/	/	/	/
3	/	/	/	/
4	/	/	/	/
5	/	/	/	/
6	/	/	/	/
7	/	/	/	/
Average Blood Pressure - Worked Out Automatically				/

**How this works:** Take two readings in the morning and two in the evening. Readings should be at least 5 minutes apart. Please enter all of your readings into the spaces provided above, with the highest number to the left of the '/' and the lower number to the right. For example: 127/84. Your average blood pressure will be worked out automatically. Once completed, please ring our practice to inform us what your average values were, or feel free to print the completed form and hand a copy into reception, or bring it with you to your next medication review.