HOME BLOOD PRESSURE (BP) RECORDING DIARY

Name: ____________________________

DOB: __/__/_____

Targets
Ideal BP is < 120/80 mmHg, Aim is for most readings < 135/85 mmHg
High BP is when > 140/90 mmHg
Reason for treating:
To reduce vascular disease particularly strokes, heart diseases and kidney impairment.
Note: Some people need lower targets, High BP may need several medications to achieve control, not all people can get to these target levels without side effects of treatment occurring, and some (usually older) people cannot tolerate lowering of BP to these target levels.

Date	Notes	Morning before 10am	Middle 10am – 2pm	Afternoon 2pm – 6pm	Evening After 6pm
e.g. 21 Jun 2021	After 4 days on new tablet	139 / 78		165/84	