

# Your blood pressure chart and diary

If you want to measure your blood pressure at home, or have been asked to do so by your doctor, this simple chart and diary can help you track your readings.

## What do the numbers mean?

Your blood pressure is measured in mmHg (millimetres of mercury) and is made up of 2 numbers:

- The top number is your systolic blood pressure, which is the pressure as your heart pumps blood around your body. This is the higher number of the 2.
- The bottom number is your diastolic blood pressure, which is the pressure when your heart rests between heartbeats.

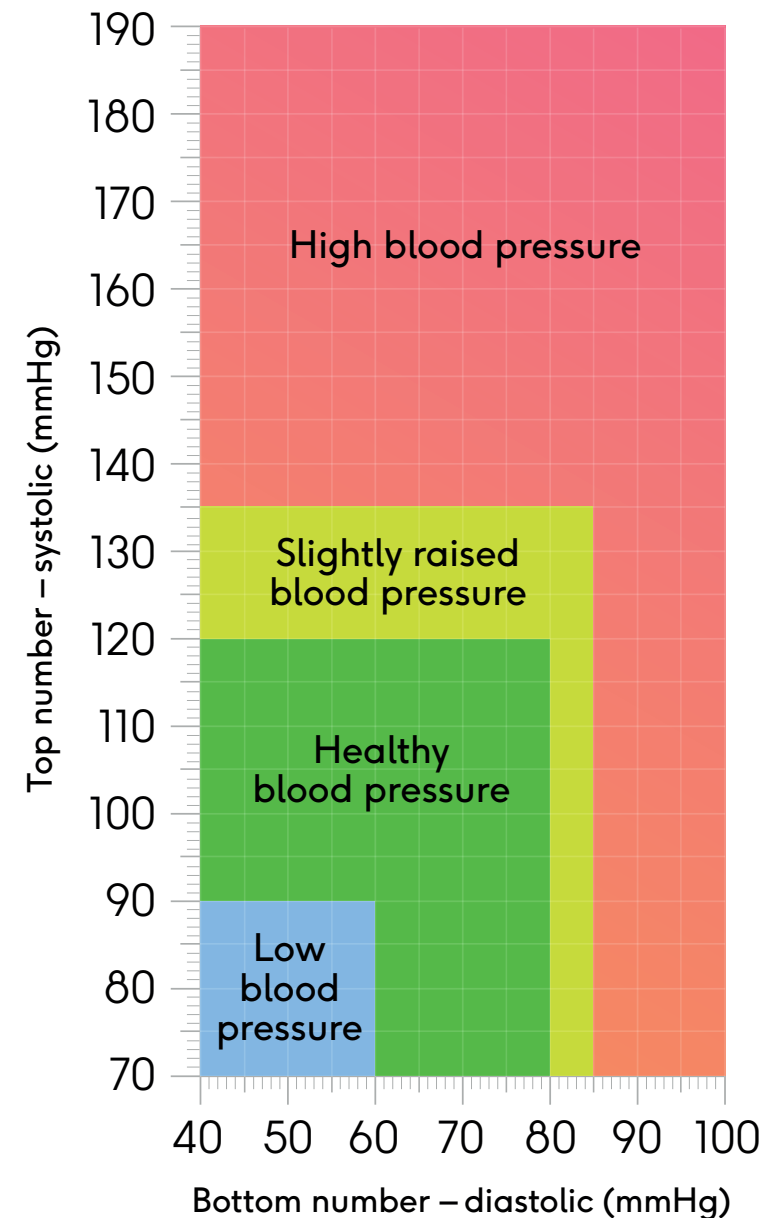
For example, a blood pressure reading of “120 over 80” or 120/80mmHg means a systolic pressure of 120mmHg and a diastolic pressure of 80mmHg.

## How to read the chart

You can use the chart on the right to work out what your blood pressure reading means.

Take the top number of your reading and find it on the left side of the chart. Then take the bottom number and find it on the bottom of the chart.

Draw or trace a line across from the top number and up from the bottom number to see which part of the chart they meet in. This can tell you if your blood pressure reading is low, healthy, slightly raised or high.



# How to use this diary

## Week 1

Download this blood pressure chart and diary and use the available online tools to fill in the diary, which is on the next page, or print it off and fill it in with a pen.

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.

You also have space to write down any symptoms you experienced that day, as well as anything that may have affected the reading, such as illness. Share your diary with your GP at your next appointment, who may suggest lifestyle changes or medicines if your blood pressure is high.

## Week 2 onwards

If you want to keep a blood pressure diary for longer, you can also print and fill in the pages after 'Week 1'.

There's space to measure and record your blood pressure once a week to keep track of any changes over time.

Again, take 2 measurements every time you check your blood pressure, and a third if the first 2 are very different.

This can help you see if any treatment or lifestyle changes you've made are affecting your blood pressure.



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.



# Blood pressure diary – Week 1



Day	Time	Morning (mmHg)			Time	Evening (mmHg)			Symptoms
E.g.	08:14am	134 / 83	146 / 83	129 / 80	7:42pm	132 / 82	130 / 81	/	E.g. I had a headache when I woke up
1		/	/	/		/	/	/	
2		/	/	/		/	/	/	
3		/	/	/		/	/	/	
4		/	/	/		/	/	/	
5		/	/	/		/	/	/	
6		/	/	/		/	/	/	
7		/	/	/		/	/	/	

# Blood pressure diary – Weeks 2 to 7



Week	Time	Blood pressure readings (mmHg)			Symptoms
2		/	/	/	<div></div>
3		/	/	/	<div></div>
4		/	/	/	<div></div>
5		/	/	/	<div></div>
6		/	/	/	<div></div>
7		/	/	/	<div></div>

# Blood pressure diary – Weeks 8 to 13



Week	Time	Blood pressure readings (mmHg)			Symptoms
8		/	/	/	<div></div>
9		/	/	/	<div></div>
10		/	/	/	<div></div>
11		/	/	/	<div></div>
12		/	/	/	<div></div>
13		/	/	/	<div></div>

# Blood pressure diary – Weeks 14 to 19



Week	Time	Blood pressure readings (mmHg)			Symptoms
14		/	/	/	<div></div>
15		/	/	/	<div></div>
16		/	/	/	<div></div>
17		/	/	/	<div></div>
18		/	/	/	<div></div>
19		/	/	/	<div></div>

# Blood pressure diary – Weeks 20 to 25



Week	Time	Blood pressure readings (mmHg)			Symptoms
20		/	/	/	<div></div>
21		/	/	/	<div></div>
22		/	/	/	<div></div>
23		/	/	/	<div></div>
24		/	/	/	<div></div>
25		/	/	/	<div></div>