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HOME BLOOD PRESSURE MEASUREMENTS

Patient name:	DOB:

Instructions:

Follow these steps every morning and evening for one week:

- 1. Sit down with your feet flat on the ground and your arm resting on a table or chair at the level of your chest.
- 2. Measure your blood pressure once and discard the reading (do not write it down).
- 3. After five minutes at rest, measure your blood pressure. Record this reading (No.1).
- 4. After five minutes measure your blood pressure again. Record this reading (No.2).

	Morning	Evening	Notes
Day 1	1. /	1. /	
Date:	2. /	2. /	
Day 2	1. /	1. /	
Date:	2. /	2. /	
Day 3	1. /	1. /	
Date:	2. /	2. /	
Day 4	1. /	1. /	
Date:	2. /	2. /	
Day 5	1. /	1. /	
Date:	2. /	2. /	

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