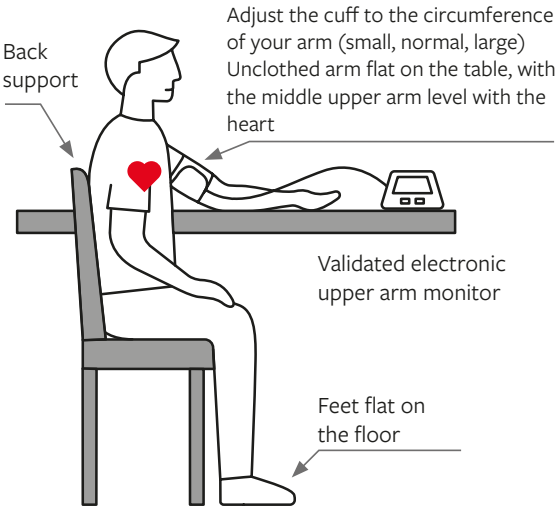
My blood pressure diary

Hochdruckliga

Name: _____



- Do not smoke, drink coffee, eat food or do any exercise for 30 minutes beforehand
- Quiet environment
- Pleasant temperature
- 5 minutes' rest before measuring
- Do not talking during and between the measurements

Instructions: Measure your blood pressure twice, leaving a gap of at least 1 minute between measurements, every morning and every evening for seven days. Make a note of the two readings and consult your doctor.

Target blood pressure: below 135/85 mmHg

2 measurements with a gap between them of at least 1 minute		MORNINGS				EVENINGS			
		Readings of 1st measurement		Readings of 2nd measurement		Readings of 1st measurement		Readings of 2nd measurement	
	Date	SYS	DIA	SYS	DIA	SYS	DIA	SYS	DIA
Day 1									
Day 2									
Day 3									
Day 4									
Day 5									
Day 6									
Day 7									