

Blood Pressure Log

bpaverage.com | Free Printable Blood Pressure Diary

How to Use This Blood Pressure Log

When to Measure:

Take readings twice daily - morning (before food/medication) and evening (before dinner). Measure for at least 4-7 days.

How to Measure:

Sit quietly for 5 minutes. Place cuff on bare upper arm at heart level. Take 2 readings, 1-2 minutes apart. Record the second reading.

What to Record:

Date, time, systolic (top number), diastolic (bottom number), pulse rate, and any notes (e.g. 'felt stressed', 'after exercise').

Averaging:

Discard Day 1 readings. Average all remaining readings from Day 2 onward. Use our free calculator at bpaverage.com for instant results.

Share with GP:

Bring this completed log to your GP appointment. Home readings are more reliable than a single clinic measurement.

Blood Pressure Categories (Home Readings - NICE Guidelines)

Category	Home Reading	What It Means
Low	Below 90/60	Only a concern if symptoms present
Normal / Ideal	90-134 / 60-84	Healthy range - keep it up
Stage 1 Hypertension	135-149 / 85-94	See your GP for review
Stage 2 Hypertension	150+ / 95+	GP appointment needed promptly
Hypertensive Crisis	180+ / 110+	Call 999 if symptoms present

Your Details

Name: _____ GP Surgery: _____

Date of Birth: _____ Medications: _____

Monitor Used: _____ Arm Used: _____

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Week 1 - Blood Pressure Readings

Record 2 readings per session (morning & evening). Use the second reading as your primary number. Note anything relevant.

		MORNING (before food & medication)				EVENING (before dinner)				Notes
Day	Date	Time	Systolic	Diastolic	Pulse	Time	Systolic	Diastolic	Pulse	
Mon	/ /									
Tue	/ /									
Wed	/ /									
Thu	/ /									
Fri	/ /									
Sat	/ /									
Sun	/ /									
WEEKLY AVG:		/				/				Use bpaverage.com to calculate your exact average

Week 1 Notes (symptoms, medication changes, lifestyle observations):

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Week 2 - Blood Pressure Readings

Record 2 readings per session (morning & evening). Use the second reading as your primary number. Note anything relevant.

		MORNING (before food & medication)				EVENING (before dinner)					
Day	Date	Time	Systolic	Diastolic	Pulse	Time	Systolic	Diastolic	Pulse	Notes	
Mon	/ /										
Tue	/ /										
Wed	/ /										
Thu	/ /										
Fri	/ /										
Sat	/ /										
Sun	/ /										
WEEKLY AVG:		/				/				Use bpaverage.com to calculate your exact average	

Week 2 Notes (symptoms, medication changes, lifestyle observations):

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Week 3 - Blood Pressure Readings

Record 2 readings per session (morning & evening). Use the second reading as your primary number. Note anything relevant.

		MORNING (before food & medication)				EVENING (before dinner)				Notes
Day	Date	Time	Systolic	Diastolic	Pulse	Time	Systolic	Diastolic	Pulse	
Mon	/ /									
Tue	/ /									
Wed	/ /									
Thu	/ /									
Fri	/ /									
Sat	/ /									
Sun	/ /									
WEEKLY AVG:		/				/				Use bpaverage.com to calculate your exact average

Week 3 Notes (symptoms, medication changes, lifestyle observations):

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Week 4 - Blood Pressure Readings

Record 2 readings per session (morning & evening). Use the second reading as your primary number. Note anything relevant.

		MORNING (before food & medication)				EVENING (before dinner)					
Day	Date	Time	Systolic	Diastolic	Pulse	Time	Systolic	Diastolic	Pulse	Notes	
Mon	/ /										
Tue	/ /										
Wed	/ /										
Thu	/ /										
Fri	/ /										
Sat	/ /										
Sun	/ /										
WEEKLY AVG:		/				/				Use bpaverage.com to calculate your exact average	

Week 4 Notes (symptoms, medication changes, lifestyle observations):

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Monthly Summary & GP Appointment Notes

Week	Avg Systolic	Avg Diastolic	Avg Pulse	Category	Notes / GP Comments
Week 1					
Week 2					
Week 3					
Week 4					
OVERALL					

GP Appointment Notes

Date of Appointment: _____GP Name: _____

Next Steps / Medication Changes:

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Calculate your exact blood pressure average free at bpaverage.com

NHS target for home readings: below 135/85 mmHg | NICE guideline NG136