Worked example - made-up readings for illustration. Write in your own.

Blood pressure log

Sam Taylor - readings for November 2026

Name	Sam Taylor	**Month**	November 2026
Monitor used	Upper arm monitor	**Shared with**	GP surgery

Date	Time	Upper (systolic)	Lower (diastolic)	Pulse	Notes
02/11/2026	7:30	124	78	66	Left arm, sitting
02/11/2026	19:00	128	80	70	Left arm, sitting
03/11/2026	7:35	122	76	64	Left arm, sitting
03/11/2026	19:10	126	79	68	After a walk
04/11/2026	7:30	125	77	65	Left arm, sitting
04/11/2026	19:05	130	82	72	Left arm, sitting
05/11/2026	7:40	123	75	63	Left arm, sitting

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How to use this template

This sheet is for writing down readings from your own home monitor so you can show them to a nurse or doctor. It does not interpret the numbers.

1. **Fill in the top.** Add your name, the month and the monitor you use.
2. **Record each reading.** Write the date and time, the upper (systolic) number, the lower (diastolic) number and your pulse.
3. **Add notes.** Use the last column for anything you want to mention, such as which arm you used.
4. **Share the sheet.** Take it to your appointment or send it as your GP surgery asks.

For advice on blood pressure and how to take readings, see the NHS website or ask your GP or pharmacist.