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

Weekly blood pressure diary

Week starting: Monday 9 November 2026

Name Sam Taylor **Monitor used** Upper arm monitor

Day	Morning / evening	Time	Upper (systolic)	Lower (diastolic)	Pulse	Notes
Mon 09/11	Morning	7:30	124	78	66	Sitting, left arm
Mon 09/11	Evening	19:00	128	80	70	Sitting, left arm
Tue 10/11	Morning	7:35	122	76	64	Sitting, left arm
Tue 10/11	Evening	19:10	126	79	68	After a walk
Wed 11/11	Morning	7:30	125	77	65	Sitting, left arm
Wed 11/11	Evening	19:05	130	82	72	Sitting, left arm

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

How to use this template

A one-week sheet with a morning and an evening row for each day, for readings from your own home monitor. It only records the numbers.

1. **Fill in the top.** Add your name, the week and the monitor you use.
2. **Write in each reading.** Enter the time, the upper (systolic) and lower (diastolic) numbers and your pulse.
3. **Add notes.** Use the notes column for anything you want to tell your nurse or doctor.

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