**Blood Pressure Diary**

**Please do for 7 days and show your doctor aiming for <130/80mmHg**

**Name : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Blood pressure instructions :**

* **Measure your blood pressure once a day, when you are most relaxed.**
* **Do 5 sequential measurements,**
* **Record the 4th and 5th Blood pressure and pulse measurements**
* **Do a standing reading at the end**

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| **Date** | 4th reading | 5th reading | Standing BP  |
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For those of you who are looking for a blood pressure machine, OMRON is a good BP brand, you can get one for about 100AUD (Hem7121).