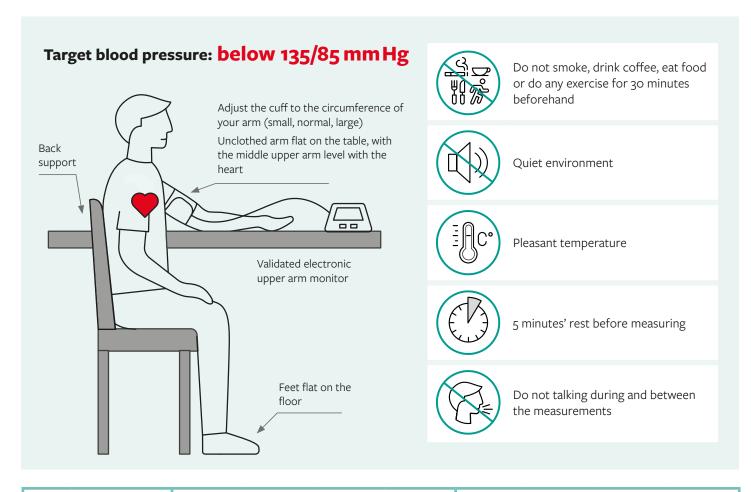
Instructions: Measure your blood pressure twice, leaving a gap of at least 1 minute between measurements, every morning and every evening for seven days. Make a note of the two readings and consult your doctor.

| NI    |  |  |
|-------|--|--|
| Name: |  |  |



| 2 measurements<br>with a gap between<br>them of at least<br>1 minute |      | MORNINGS                                   |     |  |     | EVENINGS                                   |     |   |     |
|--|------|--|-----|--|-----|--|-----|---|-----|
|  |      | Readings of<br>1 <sup>st</sup> measurement |     | Readings of<br>2 <sup>st</sup> measurement |     | Readings of<br>1 <sup>st</sup> measurement |     | Readings of 2 <sup>st</sup> measurement |     |
|  | Date | SYS  | DIA | SYS  | DIA | SYS  | DIA | SYS                                     | DIA |
| Day 1  |      |  |     |  |     |  |     |   |     |
| Day 2  |      |  |     |  |     |  |     |   |     |
| Day 3  |      |  |     |  |     |  |     |   |     |
| Day 4  |      |  |     |  |     |  |     |   |     |
| Day 5  |      |  |     |  |     |  |     |   |     |
| Day 6  |      |  |     |  |     |  |     |   |     |
| Day 7  |      |  |     |  |     |  |     |   |     |