

HOME BLOOD PRESSURE READINGS

Name	
Address	
Date of Birth	
Date Started	

Please make sure you have filled in your details at the top.

Please work out the average and write it below the table.

1. Before taking reading, make yourself comfortable in a chair – relax and support your arm e.g. on a table.
2. Do not move or speak whilst measurement is taking place.
3. Avoid checking blood pressure straight after eating, drinking alcohol, smoking or physical activity.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<i>Example</i>	130/70	132/70	140/78	146/74	150/70	130/72	140/70
Morning	/	/	/	/	/	/	/
Evening	/	/	/	/	/	/	/

Please work out the average reading by adding the numbers on the left and dividing that by the amount of readings and adding the numbers on the right and dividing that by the amount of readings.

For example 130/70, 132/70, 140/78
 $130 + 132 + 140 = 402$ $402 \div 3 = 134$
 $70 + 70 + 78 = 218$ $218 \div 3 = 72$
 Average = 134 / 72

Average Reading: /