

BLOOD PRESSURE RECORD SHEET

Surname:

First name:

Period measurements were taken:

from to

Medication:

Take your blood pressure 3 times in a row, on the same arm, morning and evening, for 3 days in a row

BLOOD PRESSURE TARGET \leq 135/85

DAY 1	MORNING			EVENING		
	Systolic (1 st number)	Diastolic (2 nd number)	Pulse	Systolic (1 st number)	Diastolic (2 nd number)	Pulse
1 st measurement						
2 nd measurement						
3 rd measurement						

DAY 2	MORNING			EVENING		
	Systolic (1 st number)	Diastolic (2 nd number)	Pulse	Systolic (1 st number)	Diastolic (2 nd number)	Pulse
1 st measurement						
2 nd measurement						
3 rd measurement						

DAY 3	MORNING			EVENING		
	Systolic (1 st number)	Diastolic (2 nd number)	Pulse	Systolic (1 st number)	Diastolic (2 nd number)	Pulse
1 st measurement						
2 nd measurement						
3 rd measurement						

Systolic Average 18 measurements	Diastolic Average 18 measurements

Blood pressure monitor

Make:

Model:

Wrist

Arm



**Agir pour
le Cœur
des Femmes**

Women's Cardiovascular Healthcare Foundation

