

Blood Pressure Recording Form

Take AM readings first thing in the morning and PM readings before bedtime.

It is best to sit down with your back supported and legs uncrossed for the test. You'll usually need to roll up your sleeves or remove any long-sleeved clothing, so the cuff can be placed around your upper arm. Try to relax and avoid talking while the test is carried out.

During the test: you hold out one of your arms so it's at the same level as your heart, and the cuff is placed around it – your arm should be supported in this position, such as with a cushion or arm of a chair.

Name:

DOB:

Date	AM	PM

Average BP: