



Use this log to record your home blood pressure readings in line with UK NICE guidance (NG136).

Name:

Week Commencing: / /



NICE HOME BLOOD PRESSURE MONITORING GUIDANCE (NG136)

- Measure your blood pressure at home for 7 days.
- Take two readings in the morning and two in the evening.
- Rest for 5 minutes before each reading.
- Sit with your back supported, feet flat on the floor and arm supported at heart level.
- Day 1 readings are for information only and should be excluded from the average.

DAY	DATE (DD/MM/YY)	MORNING			EVENING			NOTES (e.g. how you felt, activity, medication)
		Reading 1 SYS/DIA (mmHg)	Reading 2 SYS/DIA (mmHg)	PULSE (bpm)	Reading 1 SYS/DIA (mmHg)	Reading 2 SYS/DIA (mmHg)	PULSE (bpm)	
DAY 1 (Not included in average)	/ /							
DAY 2	/ /							
DAY 3	/ /							
DAY 4	/ /							
DAY 5	/ /							
DAY 6	/ /							
DAY 7	/ /							

YOUR AVERAGE (Use days 2–7 only)

Morning Average			Evening Average		
SYS (mmHg)	DIA (mmHg)	Pulse (bpm)	SYS (mmHg)	DIA (mmHg)	Pulse (bpm)

How to calculate:

1. Add together all readings for days 2–7.
2. Divide by the number of readings.
(e.g. 12 morning readings + 12)
3. Record your average.



BLOOD PRESSURE GUIDE (ADULTS AT HOME)

Category	Systolic (SYS) mmHg	Diastolic (DIA) mmHg
Normal	Below 135	Below 85
High normal	135 – 139	85 – 89
Hypertension Stage 1	140 – 159	90 – 99
Hypertension Stage 2	160 – 179	100 – 109
Hypertension Stage 3	180 or higher	110 or higher
Seek urgent medical advice	Above 180	Above 120

Based on NICE guideline NG136.
If your average is in the high blood pressure range, contact your GP.

WHAT IS A GOOD RESULT?

The target for most adults is an average blood pressure **below 135/85 mmHg**.

Your GP may recommend a different target for you.



IMPORTANT

- ✓ Take your readings at the same times each day.
- ✓ Do not talk during the measurement.
- ✓ Use the same arm each time.
- ✓ Record any relevant information in the notes.
- ✓ Share this log with your GP or healthcare professional.