

## It's time to check my BP



Date	Time	My BP Readings		Change vs previous BP levels	Did I take my pills today?	
		Systolic BP / Diastolic BP			Y	N
		/				
		/	/			
		/	/			
		/	/			
		/	/			
		/	/			
		/	/	·		
		/	/	+		



## It's time to check my BP





Measure after 5 min seated comfortably



Place the BP cuff at the level of the heart



Measure BP 3 times & take the average of last 2 readings

