

Lion Health - Home Blood Pressure Monitoring

If you monitor your blood pressure at home, please fill in this form and bring with you to your long-term condition appointment.

You can watch a video from the British Heart Foundation on 'How to Measure Your Own Blood Pressure' here <https://www.youtube.com/watch?v=GSNZVaW1Wg4>

Name: _____

Date of Birth: _____

Address: _____

Please ensure that your name, date of birth and address are completed

Day 1

Date:					
Morning Time:			Afternoon Time:		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 2

Date:					
Morning Time:			Afternoon Time:		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 3

Date:					
Morning Time:			Afternoon Time:		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 4

Date:					
Morning Time:			Afternoon Time:		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3

Day 5

Date:					
Morning Time:			Afternoon Time:		
Reading 1	Reading 2	Reading 3	Reading 1	Reading 2	Reading 3