Blood pressure recording sheet

Use this sheet to record your blood pressure (BP) over time, along with anything you feel may have affected it. For example, if you drank alcohol the night before, are particularly stressed or eaten foods which don't agree with you.

The idea is that you identify patterns between your BP and your behaviours, so that you can better manage your BP without the need for medication. However, you should not change your medication without first speaking to your GP.

This sheet should be used in conjunction with Thrive's article "Why Your Blood Pressure Matters" which explains how to measure it consistently, what healthy levels are and what you can do to reduce your BP if necessary.

Date & time	Systolic (mmHg)	Diastolic (mmHg)	How are you feeling?	What may have affected the reading?
15/03/2021, 7am	*134*	*84*	*Tired and stressed*	*Late night, poor sleep*

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