

First name: _____

Last Name: _____

Day 1			Day 2			Day 3			Day 4		
Date:			Date:			Date:			Date:		
MORNING			MORNING			MORNING			MORNING		
	MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2
SYSTOLIC			SYSTOLIC			SYSTOLIC			SYSTOLIC		
DIASTOLIC			DIASTOLIC			DIASTOLIC			DIASTOLIC		
PULSE			PULSE			PULSE			PULSE		
EVENING			EVENING			EVENING			EVENING		
	MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2
SYSTOLIC			SYSTOLIC			SYSTOLIC			SYSTOLIC		
DIASTOLIC			DIASTOLIC			DIASTOLIC			DIASTOLIC		
PULSE			PULSE			PULSE			PULSE		

Day 5			Day 6			Day 7			REPORT		
Date:			Date:			Date:			Week _____ from to _____		
MORNING			MORNING			MORNING			AVERAGE		
	MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MORNING	EVENING
SYSTOLIC			SYSTOLIC			SYSTOLIC	100	50	SYSTOLIC	100	
DIASTOLIC			DIASTOLIC			DIASTOLIC			DIASTOLIC		
PULSE			PULSE			PULSE			PULSE		
EVENING			EVENING			EVENING			WEEKLY AVERAGE		NUMBER OF MEASUREMENT
	MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2		MEASURE 1	MEASURE 2			
SYSTOLIC			SYSTOLIC			SYSTOLIC			SYSTOLIC	100	0
DIASTOLIC			DIASTOLIC			DIASTOLIC			DIASTOLIC		
PULSE			PULSE			PULSE			PULSE		

Thank you for taking care of your health. Completing this report and sharing the results with your healthcare providers is an excellent initiative!

At home, your average blood pressure should be less than 135/85 mm Hg. For people with diabetes, a blood pressure below 130/80 mm Hg would be preferable.

All blood pressure readings should be reported, even those that appear too high or too low.

If by mistake you enter in a box a letter or a measure that is no possible, the box will turn red.

You can then correct the error. If the error is not corrected, don't worry, the average will still be calculated correctly

Example		
Date:	12/05/2021	
MORNING		
	MEASURE 1	MEASURE 2
SYSTOLIC	600	
DIASTOLIC		
PULSE		
SOIR		
	MEASURE 1	MEASURE 2
SYSTOLIC		
DIASTOLIC		
PULSE		

You must enter the date in this format DD/MM/YYYY

You must enter the results of the measurements that you have performed in the grid as presented:

- SYSTOLIC : Upper number example 140
- DIASTOLIC : Lower number example 90

To Print your grid:
1-Press on the file menu at the top left of your screen

To Print your grid:
2- Select the print menu
3- Select press the print button