

Two-week blood pressure tracker

Measure at the same times each day: once in the morning before breakfast and medication, and once in the evening. Write the top number (systolic) over the bottom number (diastolic).

Day	Date	Morning	Evening	Salt score (low / med / high)	Notes (sleep, stress, exercise)
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

How to measure

- Sit quietly for 5 minutes first, feet flat, back supported.
- Rest your arm on a table at heart height.
- No coffee, exercise or smoking for 30 minutes before.
- Take two readings a minute apart and write down the second.

Reading the numbers

- Under 120/80: generally ideal.
- 120–139 / 80–89: a gentle warning light.
- 140/90 or above on repeat readings: high.
- Very high readings or symptoms such as chest pain: seek medical help straight away.