DR. MOSHE GABBAY, MDCM, FRCPC
CLINIQUE MÉDICALE MEDIPLEX

BLOOD PRESSURE
MONITORING CALENDAR

Name _____ D.O.B. _____ Date _____

Monitoring instructions:

Once a week

4 times a day
3 times, 1 minute apart, after sitting for 5 minutes

MONTH :	**AM**	**Lunch**	**Supper**	**Night**
Week 1 – Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
Week 2 – Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
Week 3 - Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
Week 4 - Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
MONTH:				
Week 1 – Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
Week 2 – Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				
Week 3 – Date:				
1st measurement (5 min. after rest)				
2nd measurement (1 min. later)				
3rd measurement (1 min later)				