

Pulse Rate and Blood Pressure Orthostatic Variation Tracking

Instructions: Record your blood pressure (BP) and pulse rate per minute twice daily - once in the morning and once in the evening. Take readings first after lying down for a few minutes and then after standing up. Use the comments section to note how you're feeling or any factors that might affect your readings.

The cost of a BP machine can vary significantly between countries. It's often worthwhile to see if an older relative has one you can borrow for a couple of weeks or a local pharmacy may rent them out.

Date	Time	Position	BP (mmHg)	Pulse (bpm)	Comments
/ /20__	Morning	Lying	/	___	
		Standing	/	___	
	Evening	Lying	/	___	
		Standing	/	___	
/ /20__	Morning	Lying	/	___	
		Standing	/	___	
	Evening	Lying	/	___	
		Standing	/	___	
/ /20__	Morning	Lying	/	___	
		Standing	/	___	
	Evening	Lying	/	___	
		Standing	/	___	
/ /20__	Morning	Lying	/	___	
		Standing	/	___	
	Evening	Lying	/	___	
		Standing	/	___	
/ /20__	Morning	Lying	/	___	
		Standing	/	___	
	Evening	Lying	/	___	
		Standing	/	___	

/ /20__	Morning	Lying	/	—	
		Standing	/	—	
	Evening	Lying	/	—	
		Standing	/	—	
/ /20__	Morning	Lying	/	—	
		Standing	/	—	
	Evening	Lying	/	—	
		Standing	/	—	
/ /20__	Morning	Lying	/	—	
		Standing	/	—	
	Evening	Lying	/	—	
		Standing	/	—	
/ /20__	Morning	Lying	/	—	
		Standing	/	—	
	Evening	Lying	/	—	
		Standing	/	—	
/ /20__	Morning	Lying	/	—	
		Standing	/	—	
	Evening	Lying	/	—	
		Standing	/	—	

Note: BP is recorded as systolic/diastolic (e.g. 120/80mmHg).

If you notice any consistently high BP readings (over 140/80mmHg, please consult your healthcare provider.