



HOP to ITT Blood Pressure Calendar

Patient: _____

- 1) Monitor BP in AM before arising and 2-3 times a day after 5 minute rest.
- 2) Average daily and weekly systolic and diastolic readings.
- 3) Normal BP is Systolic ≤ 135 /Diastolic ≤ 85 for home BP monitoring. *

Condition	BP Treatment Targets
Treatment threshold if no risk factors, target organ damage or clinical CVD	160/ or/100
Treatment target & initiation threshold for office BP measurements	< 140/90
Treatment target for Ambulatory BP or Home BP measurement	< 135/85
Treatment target for T2DM +/- nephropathy, CAD or non-diabetic nephropathy	< 130/80
Pre-hypertension (JNC-7)	120-139/80-89
Normal BP (LV Dysfunction <120/80 - AHA 2007)	< 120/70

VALIDATED HOME BP DEVICES: OMRON: HEM-705CP, HEM-711AC, HEM-712C, HEM-739AC, HEM 757-CAN, HEM 780
AND LIFESOURCE: (AND) UA-767 CN, UA-767 Plus, UA-774 AC, UA-779, UA 787 AC

Sys/Dias	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 1	Monitor BP 4 times daily, every day for the first week.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 2	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 3	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/

* Reference Values For Self Recorded Blood Pressure - A Meta-analysis of Summary Data. Thijs et al. Arch Int Med. 1998; 158:481-488



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Sys/Dias	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WEEK 4	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 5	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 6	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 7	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/
WEEK 8	Monitor BP 4 times daily, two days/week—choosing one weekday and one weekend day.						
AM	/	/	/	/	/	/	/
NOON	/	/	/	/	/	/	/
PM	/	/	/	/	/	/	/
BED	/	/	/	/	/	/	/
Average	/	/	/	/	/	/	/

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