

Home blood pressure readings

Date	Time	Blood pressure	Pulse	Comments

Smoking status

Do you smoke? Yes No

If yes, how many do you smoke a day?

Are you an ex-smoker? Yes No

When did you quit? _____

What do you primarily smoke? Cigarettes / Cigar / Pipe /

Health information

Name:












Date of birth:.....

Address:.....

Email address:.....

Mobile number:

Height	
Weight	
Waist measurement	

1 UNIT	1.5 UNITS	2 UNITS		3 UNITS	9 UNITS	30 UNITS
 Normal beer half pint (284ml) 4%	 Small glass of wine (125ml) 12.5%	 Strong beer half pint (284ml) 6.5%	 Medium glass of wine (175ml) 12.5%	 Strong beer Large bottle/can (440ml) 6.5%	 Bottle of wine (750ml) 12.5%	 Bottle of spirits (750ml) 40%
 Single spirit shot (25ml) 40%	 Alcopops bottle (275ml) 5.5%	 Normal beer Large bottle/can (440ml) 4.5%		 Large glass of wine (250ml) 12.5%		

Please tell us about your alcohol consumption:

Questions (Please circle your answers)					
How often do you have a drink containing alcohol?	Never	Monthly or less	2-4 times per month	2-4 times per week	4+ times a week
How many units of alcohol do you drink on a typical day when you are drinking?	1-2	3-4	5-6	7-9	10+
How often have you had 6 or more units if female, or 8 or more if male, on a single occasion in the last year?	Never	Less than monthly	Monthly	Weekly	Daily or almost daily