

Self-measured blood pressure: Seven-day recording log

Instructions: Complete the information below each time you take a measurement. Set your self-measured blood pressure (SMBP) device to take multiple (two or three) blood pressure measurements at each use, and then the device will give you the average. If you miss any blood pressure measurements, leave that section blank and continue for the next time.

Blood pressure arm: Left or right (circle one)

Day 1 _____ (Date)	Day 2 _____ (Date)	Day 3 _____ (Date)	Day 4 _____ (Date)	Day 5 _____ (Date)	Day 6 _____ (Date)	Day 7 _____ (Date)
Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____	Morning ☀️ SYS _____ DIA _____ PULSE _____ Notes _____
Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____	Evening 🌙 SYS _____ DIA _____ PULSE _____ Notes _____

For office use

Patient name: _____

Patient ID: _____

PCP: _____

Total average: SYS / DIA

Report back results by:

Appointment _____

Phone _____

Email _____

Patient Portal _____

Other _____

Important information

Please call your doctor's office if:

- Your blood pressure is above _____ SYS or _____ DIA
- Your blood pressure is below _____ SYS or _____ DIA
- You have symptoms that concern you or have a question about your blood pressure.