

# Self-measured blood pressure: Seven-day recording log



MAPBP™

**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** (check one)

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

**For office use**

Patient name: \_\_\_\_\_  
 Patient ID: \_\_\_\_\_  
 PCP: \_\_\_\_\_  
 SMBP 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.