

7-day blood pressure recording log

1. For 7 days, measure your blood pressure 2 times in the morning, and 2 times in the evening. Wait 1 minute in between measurements.

2. Fill in your blood pressure and pulse numbers for each day and time you measure – “SYS” is the top number, and “DIA” is the bottom number.

3. Return your log after 7 days to your doctor’s office by:

- Appointment Phone Email Patient portal Other

Important! Call your doctor’s office if:

- Your blood pressure is above _____ SYS or _____ DIA
- Your blood pressure is below _____ SYS or _____ DIA
- You’re worried about your symptoms
- You have any questions

Blood pressure arm: Left Right

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

For office use only:

Patient name: _____ Patient ID: _____ PCP: _____

SMBP average: _____ SYS / _____ DIA