Simply BP

7-Day Home Blood Pressure Log

Two readings a minute apart, every morning and every evening, for 7 days. Write each one as your cuff shows it.

Name _____

Start date _____

The routine, as the guidelines describe it

1. Sit quietly for 5 minutes first, back supported, feet flat on the floor.
2. Cuff on the bare upper arm, at heart level. Use the same arm each time.
3. Morning: before breakfast and before morning medication. Evening: before bed.
4. Take two readings about a minute apart and write both down.
5. Day 1 is usually set aside; days 2–7 make up the home average.

Your doctor may ask for a different routine: follow what they tell you.

Date		Time	Arm	Reading 1			Reading 2			Average		Notes
				Top	Bottom	Pulse	Top	Bottom	Pulse	Top	Bottom	
Day 1 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									
Day 2 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									
Day 3 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									
Day 4 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									

For your own records. Bring this sheet to your appointment and talk to your doctor about your readings.

Simply BP: Blood Pressure Log for iPhone
The same log on your phone, with a PDF report for your doctor.
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Name _____

Start date _____

Date		Time	Arm	Reading 1			Reading 2			Average		Notes
				Top	Bottom	Pulse	Top	Bottom	Pulse	Top	Bottom	
Day 5 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									
Day 6 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									
Day 7 _____	Morning		☐L ☐R									
	Evening		☐L ☐R									

Days 2–7, to fill in at the end

Morning average	Evening average	Overall average

Notes for the week

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