Simply BP

Blood Pressure Summary for Your Doctor

Fill this in from your home readings and bring it to your appointment with the log itself.

Date _____

Name _____ Date of birth (optional) _____

Readings from _____ to _____

Home monitor model _____ Cuff size _____

Arm used ☐ L ☐ R Number of readings _____

Averages from your readings

	Top / bottom mmHg	Pulse average bpm
Morning average		
Evening average		
Overall average		

Current medications

Medication	Dose	Time taken

Symptoms or notes

Questions for the doctor

From your own home readings. Talk to your doctor about what they mean for you.

Simply BP: Blood Pressure Log for iPhone
Simply BP can fill this in for you.
More sheets: simplybp.app

Free on the App Store

Scan for the app