Simply BP

Monthly Blood Pressure Log

Write each reading as your cuff shows it, with the time and the arm.

Name _____

Month _____

Date		Time	Systolic top · mmHg	Diastolic bottom · mmHg	Pulse bpm	Arm	Notes
1	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
2	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
3	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
4	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
5	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
6	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
7	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
8	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
9	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
10	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
11	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
12	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
13	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
14	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
15	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
16	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.

More sheets: simplybp.app

Free on the App Store

Scan for the app

Simply BP

Monthly Blood Pressure Log

Write each reading as your cuff shows it, with the time and the arm.

Name _____

Month _____

Date		Time	Systolic top · mmHg	Diastolic bottom · mmHg	Pulse bpm	Arm	Notes
17	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
18	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
19	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
20	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
21	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
22	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
23	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
24	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
25	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
26	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
27	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
28	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
29	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
30	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	
31	Morning					☐ L ☐ R	
_____	Evening					☐ L ☐ R	

Notes for the month

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.

More sheets: simplybp.app

Free on the App Store

Scan for the app