Simply BP

Weekly Blood Pressure Log

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

Name _____

Week of _____

Date		Time	Systolic top · mmHg	Diastolic bottom · mmHg	Pulse bpm	Arm	Notes
Day 1 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 2 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 3 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 4 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 5 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 6 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	
Day 7 _____	Morning					☐ L ☐ R	
						☐ L ☐ R	
	Evening					☐ L ☐ R	
						☐ L ☐ R	

Notes for the week

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