

# SELF-MEASURED BLOOD PRESSURE: 7-DAY RECORDING LOG



## Before you get started

Self-measured blood pressure (SMBP) monitoring works best when you partner with your health care professional (HCP).

- Review the technique for measuring your BP properly with your care team.
- Every year, ask your HCP's office to check that your device is working properly.
- Determine your BP monitoring plan with your HCP and fill out this section together so you know your plan.
- My BP goal is \_\_\_\_\_

*For most people, measuring twice in the morning and twice in the evening for one week gives the best information about their BP.*

- I will use my:  right arm  left arm  
*The first time you check your BP, check it in both arms. Use the arm with the higher reading for future measurements.*
- I will call my HCP's office if I experience these symptoms:  
\_\_\_\_\_
- I will also call my HCP's office if my BP is less than \_\_\_\_\_ or higher than \_\_\_\_\_.  
*If your BP is too high or too low, wait 5 minutes and then re-check it. If it is still too high or too low, call your HCP.*
- I will send my BP log to my HCP by:  phone  email  patient portal message  mail  fax

## Instructions for EACH TIME you measure your BP

1. Review the "Measuring BP Accurately" graphic to ensure proper BP measurement technique.
2. Take your BP at the same time each day in the morning and the evening.
3. Record your BP readings daily using this log.
4. Fill out the Notes Section with the following:
  - Did you take your medicine?
  - Your mood (anxious, stressed, joyful, etc.)
  - Feelings (lightheaded, headache, , etc.)

### DAY 1

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 2

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 3

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 4

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 5

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 6

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

### DAY 7

(Date)

#### Morning ☀️

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes

#### Evening 🌙

1 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

2 SYS \_\_\_\_\_ DIA \_\_\_\_\_  
PULSE \_\_\_\_\_

Notes