Self-measured blood pressure:
Seven-day recording log

AMA | MAPBP™

Instructions: Complete the information below each time you take a measurement. It is best to take two measurements in the morning and two measurements in the evening for a week. If you miss any blood pressure measurements, leave that section blank and continue for the next time.

Blood pressure arm: **Left** or   **Right**   (check one)

	Day 1 (Date)	Day 2 (Date)	Day 3 (Date)	Day 4 (Date)	Day 5 (Date)	Day 6 (Date)	Day 7 (Date)
Morning ☀							
1 SYS / DAY							
PULSE							
2 SYS / DAY							
PULSE							
Notes							
Evening ☾							
1 SYS / DAY							
PULSE							
2 SYS / DAY							
PULSE							
Notes							

For office use

Patient name: _____

Patient ID: _____

PCP: _____

SMBP average: _____SYS / _____DAY

Report back results by:

☐ Appointment _____

☐ Phone_____

☐ Email_____

☐ Patient Portal _____

☐ Other _____

Important information

Please call your doctor's office if:

• **Your blood pressure is above _____ SYS or _____ DAY**

• **Your blood pressure is below _____ SYS or _____ DAY**

• **You have symptoms that concern you or have a question about your blood pressure.**