

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse
01.11.2025	125/93	87	134/91	75	130/79	76	130/79	76
02.11.2025	123/78	74	134/79	73	126/100	86	140/78	87
03.11.2025	129/77	67	137/87	83	123/88	87	133/112	86
04.11.2025	113/74	86	132/74	93	130/92	90	147/84	92
05.11.2025	120/99	80	134/90	75	136/75	84	133/97	88
06.11.2025	134/83	80	126/100	81				
07.11.2025								
08.11.2025								
09.11.2025	135/84	86	126/81	84				
10.11.2025	123/82	67	126/79	61	135/82	58	134/81	61
11.11.2025	129/79	65	126/82	64	125/73	73	114/74	97
12.11.2025	122/73	68	128/75	63	123/81	99	114/75	92
13.11.2025	120/73	77	130/78	73	121/80	64	128/82	79
14.11.2025	121/75	62	124/77	67	123/74	73	120/99	69
15.11.2025	115/74	64	129/100	74				
16.11.2025	129/85	63	143/84	75	120/82	80	119/85	80
17.11.2025	123/78	60	128/70	67	128/80	89	124/83	92
18.11.2025	129/69	69	123/74	68	135/81	73	136/82	78
19.11.2025	134/86	71	133/80	64	134/79	77	118/86	78
20.11.2025	140/73	65	119/80	74	129/89	90	120/82	91
21.11.2025	126/77	71	129/80	71	132/106	80	125/74	87
22.11.2025	123/69	66	117/77	69	131/76	57	118/78	60
23.11.2025	128/75	71	110/80	86				
24.11.2025	139/68	64	129/81	70				
25.11.2025					135/73	78	148/75	78
26.11.2025					114/79	81	133/105	80
27.11.2025	127/78	73	113/84	72	131/106	77	122/78	73
28.11.2025	113/75	67	129/81	115	140/81	94	124/80	95
29.11.2025	126/100	67	122/80	65				
30.11.2025	114/72	73	120/70	73	119/74	108	117/70	105