

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse
01.07.2025	128/81	61	120/67	63	122/80	88	107/64	86
02.07.2025	124/111	78	117/102	69	129/103	70	124/78	73
03.07.2025	129/79	69	120/71	73	120/100	109	121/94	81
04.07.2025	122/69	61	122/81	62	101/66	77	123/70	78
05.07.2025	120/101	80	131/79	74	131/86	70	119/78	69
06.07.2025	120/79	64	129/109	66	128/81	80	122/77	77
07.07.2025	129/83	79	131/108	70				
08.07.2025					119/77	86	127/83	89
09.07.2025	114/95	72	117/72	74	124/72	93	112/67	85
10.07.2025	129/74	70	115/72	70	111/79	82	124/105	85
11.07.2025	102/73	84	119/72	68	119/66	102	99/80	96
12.07.2025	124/108	80	119/65	77	118/67	84	115/88	75
13.07.2025	122/99	76	120/76	60	123/79	70	119/75	67
14.07.2025	127/71	66	117/75	58	123/76	96	119/82	72
15.07.2025	127/74	72	123/71	66	117/65	86	106/90	70
16.07.2025	126/65	88	115/63	66	96/60	106	108/62	100
17.07.2025	120/76	72	123/73	74	123/90	85	113/85	84
18.07.2025	124/73	77	127/83	71	118/68	81	117/89	89
19.07.2025	119/74	59	130/69	58	112/69	97	105/69	80
20.07.2025	127/70	61	120/65	59	130/77	75	129/99	77
21.07.2025	127/84	65	132/72	57	127/94	79	120/94	79
22.07.2025	119/75	89	132/80	79	125/92	130	126/81	121
23.07.2025	128/74	85	125/94	85	122/73	87	122/102	108
24.07.2025	115/86	80	130/69	80	108/78	82	118/92	97
25.07.2025	116/82	86	123/103	88	122/81	89	110/72	75
26.07.2025	127/74	72	119/79	60	112/81	83	115/63	88
27.07.2025	121/82	71	100/79	65	128/74	65	111/97	63
28.07.2025	122/73	70	120/75	73	116/74	95	116/77	102
29.07.2025	120/62	107	117/72	99	128/75	101	116/72	106
30.07.2025	122/74	96	121/72	93	129/97	90	120/91	83
31.07.2025	120/93	88	119/77	90				