

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse
01.10.2025	118/75	80	128/79	79				
02.10.2025	129/76	90	121/97	99				
03.10.2025	132/103	69	130/78	73	130/81	82	132/78	89
04.10.2025	117/76	84	121/98	77				
05.10.2025	130/86	69	119/89	73	133/74	98	130/77	74
06.10.2025	135/77	70	137/115	75	132/75	92	116/88	89
07.10.2025	102/75	71	118/73	70	130/64	87	127/68	89
08.10.2025	119/75	65	124/72	66	137/86	87	127/83	91
09.10.2025	122/80	68	100/80	72	130/83	74	130/80	69
10.10.2025	128/81	81	120/80	80	118/83	110	130/77	118
11.10.2025	126/81	81	121/76	72	129/71	71	126/96	98
12.10.2025	137/70	67	136/110	67	137/79	71	139/109	82
13.10.2025	121/77	64	127/106	73	128/77	89	124/74	93
14.10.2025	108/75	73	127/75	68	136/84	64	129/106	62
15.10.2025	133/76	72	121/77	67	115/81	101	119/85	103
16.10.2025	122/72	73	135/72	68	130/115	77	139/117	75
17.10.2025	129/79	69	127/78	72	125/78	100	121/79	99
18.10.2025	127/74	66	122/80	71				
19.10.2025	111/80	100	86/76	89	123/80	87	129/100	92
20.10.2025	113/75	62	137/114	69	128/92	86	124/97	82
21.10.2025	122/77	98	117/85	68				
22.10.2025	126/76	70	129/76	64	127/81	78	130/84	78
23.10.2025	114/77	68	121/68	63	131/78	77	131/83	80
24.10.2025					128/78	87	118/90	86
25.10.2025	116/74	73	119/80	99	138/81	70	132/83	69
26.10.2025	128/84	75	127/81	77				
27.10.2025	132/79	64	124/77	67	131/85	78	130/86	77
28.10.2025	125/75	65	127/80	71	141/80	76	141/80	74
29.10.2025	137/76	70	138/74	68	128/85	93	135/64	91
30.10.2025	130/78	76	134/80	79	133/83	92	123/96	94
31.10.2025	115/87	81	127/76	81	123/105	86	93/85	71