

| Date | Afternoon | | | | Evening | | | |
|------------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | Left hand | | Right hand | | Left hand | | Right hand | |
| | Blood pressure | Pulse | Blood pressure | Pulse | Blood pressure | Pulse | Blood pressure | Pulse |
| 01.01.2026 | | | | | 142/116 | 75 | 146/87 | 67 |
| 02.01.2026 | 129/90 | 75 | 135/119 | 85 | | | | |
| 03.01.2026 | 140/84 | 74 | 132/92 | 78 | | | | |
| 04.01.2026 | 126/79 | 75 | 127/84 | 73 | | | | |
| 05.01.2026 | 133/76 | 66 | 133/90 | 72 | 116/75 | 92 | 134/103 | 91 |
| 06.01.2026 | 135/72 | 91 | 143/86 | 87 | 127/83 | 95 | 122/77 | 89 |
| 07.01.2026 | 124/86 | 78 | 131/87 | 75 | | | | |
| 08.01.2026 | 134/76 | 71 | 143/84 | 100 | | | | |
| 09.01.2026 | 130/80 | 75 | 128/88 | 74 | | | | |
| 10.01.2026 | 128/73 | 79 | 122/77 | 80 | 139/85 | 84 | 129/79 | 84 |
| 11.01.2026 | 123/78 | 82 | 118/87 | 77 | 136/80 | 88 | 143/79 | 92 |
| 12.01.2026 | 141/89 | 81 | 137/78 | 78 | 141/83 | 82 | 133/91 | 86 |
| 13.01.2026 | 140/87 | 87 | 136/86 | 85 | 139/88 | 107 | 140/97 | 106 |
| 14.01.2026 | 118/84 | 72 | 137/86 | 68 | 123/79 | 76 | 133/93 | 72 |
| 15.01.2026 | 125/83 | 80 | 128/94 | 88 | 127/85 | 92 | 128/83 | 89 |
| 16.01.2026 | 129/82 | 73 | 112/80 | 71 | 130/95 | 69 | 127/85 | 65 |
| 17.01.2026 | | | | | 113/75 | 89 | 117/97 | 60 |
| 18.01.2026 | 130/75 | 71 | 129/78 | 67 | 111/102 | 82 | 122/88 | 89 |
| 19.01.2026 | 145/73 | 61 | 130/82 | 59 | 135/86 | 70 | 147/93 | 72 |
| 20.01.2026 | 134/85 | 73 | 122/81 | 70 | 131/82 | 85 | 146/85 | 81 |
| 21.01.2026 | 127/80 | 78 | 134/81 | 83 | 113/93 | 100 | 133/78 | 91 |
| 22.01.2026 | 126/81 | 66 | 112/75 | 71 | 142/81 | 87 | 131/84 | 83 |
| 23.01.2026 | 139/80 | 83 | 144/90 | 80 | 128/76 | 84 | 132/89 | 76 |
| 24.01.2026 | 128/81 | 67 | 125/79 | 80 | | | | |
| 25.01.2026 | | | | | | | | |
| 26.01.2026 | | | | | | | | |
| 27.01.2026 | | | | | | | | |
| 28.01.2026 | | | | | | | | |
| 29.01.2026 | | | | | | | | |
| 30.01.2026 | | | | | | | | |
| 31.01.2026 | | | | | | | | |

| Date | Afternoon | | | | Evening | | | |
|------------|----------------|-------|----------------|-------|----------------|-------|----------------|-------|
| | Left hand | | Right hand | | Left hand | | Right hand | |
| | Blood pressure | Pulse | Blood pressure | Pulse | Blood pressure | Pulse | Blood pressure | Pulse |
| 01.02.2026 | | | | | | | | |
| 02.02.2026 | | | | | | | | |
| 03.02.2026 | | | | | | | | |
| 04.02.2026 | | | | | | | | |
| 05.02.2026 | | | | | | | | |
| 06.02.2026 | | | | | | | | |
| 07.02.2026 | 117/86 | 82 | 111/95 | 81 | 122/69 | 70 | 143/80 | 89 |
| 08.02.2026 | 125/75 | 80 | 118/83 | 66 | 134/72 | 88 | 118/80 | 69 |
| 09.02.2026 | 124/76 | 69 | 133/81 | 84 | 130/83 | 89 | 113/80 | 88 |
| 10.02.2026 | 124/83 | 72 | 138/85 | 70 | 136/82 | 86 | 122/103 | 79 |
| 11.02.2026 | 116/80 | 100 | 129/89 | 91 | 128/79 | 91 | 119/92 | 86 |
| 12.02.2026 | 127/80 | 81 | 136/87 | 74 | 140/81 | 73 | 137/88 | 89 |