

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	Blood pressure	Pulse						
01.12.2025	133/81	73	105/82	71				
02.12.2025	130/78	72	127/97	82				
03.12.2025	127/86	77	128/85	82	143/77	89	119/86	96
04.12.2025	147/81	90	149/92	87	141/85	107	144/110	111
05.12.2025	123/90	105	147/84	100	125/97	87	124/75	81
06.12.2025	125/76	72	129/84	85	126/83	87	127/98	85
07.12.2025	114/76	71	132/68	71	145/76	86	123/78	81
08.12.2025	131/78	68	127/77	73	128/78	68	130/107	66
09.12.2025	127/84	72	128/74	65	134/76	86	136/84	81
10.12.2025	134/78	69	131/86	69	132/78	83	128/79	86
11.12.2025	129/71	72	121/75	69	122/75	98	125/79	89
12.12.2025	134/78	70	121/80	69	134/79	90	126/88	89
13.12.2025	122/81	77	125/79	71	129/80	74	133/101	93
14.12.2025	131/76	70	120/67	66	132/81	70	120/76	85
15.12.2025	124/77	73	119/80	68	133/103	91	110/105	81
16.12.2025	138/71	76	133/79	93				