

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	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				