

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				
17.12.2025	118/78	74	130/75	78	135/78	88	135/111	110
18.12.2025	130/75	73	128/74	77	127/80	87	125/94	88
19.12.2025	133/80	86	132/78	78	135/80	104	125/95	102
20.12.2025	127/71	59	115/75	68	119/87	85	125/83	92
21.12.2025	130/77	65	128/79	66	131/106	71	140/86	69
22.12.2025	136/72	76	101/81	93	128/80	90	136/84	99
23.12.2025								
24.12.2025	130/76	67	114/80	72	151/93	96	149/92	90
25.12.2025	119/84	68	136/72	71				
26.12.2025					133/80	81	154/89	77
27.12.2025	127/84	67	126/92	71	132/85	88	134/83	90
28.12.2025	126/91	62	118/99	77	126/72	65	140/98	77
29.12.2025	128/86	38	133/110	86				
30.12.1025								
31.12.2025	125/76	69	118/81	69	128/83	79	141/90	94