

Date	Afternoon				Evening			
	Left hand		Right hand		Left hand		Right hand	
	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse	Blood pressure	Pulse
01.09.2025	120/67	82	123/74	85	125/72	71	128/75	62
02.09.2025	131/67	64	135/71	63				
03.09.2025					125/65	68	114/73	65
04.09.2025	127/65	68	130/70	66				
05.09.2025	129/78	60	125/80	66	130/77	68	131/84	61
06.09.2025	128/72	87	130/85	87	135/71	60	127/83	69
07.09.2025	129/69	67	128/79	69	120/71	80	115/73	81
08.09.2025	131/85	80	128/72	70				
09.09.2025	112/101	75	113/67	71	132/74	85	122/70	81
10.09.2025	114/81	103	116/82	79	126/76	87	120/76	84
11.09.2025	129/100	69	103/72	67	132/79	71	128/79	77
12.09.2025	131/79	60	129/81	70	134/87	80	120/82	75
13.09.2025	125/84	67	118/76	70	132/76	76	121/73	76
14.09.2025	128/84	75	127/101	76	133/77	74	131/78	70
15.09.2025	122/85	68	122/78	69	118/84	98	123/79	91
16.09.2025	130/80	68	125/78	80	131/79	76	125/103	84
17.09.2025	128/83	69	131/86	87	129/83	88	122/85	89
18.09.2025	132/83	71	124/106	69	115/77	84	132/111	89
19.09.2025	127/78	68	122/72	70	136/82	95	116/83	95
20.09.2025	127/82	59	114/73	64	126/80	78	136/83	76
21.09.2025	117/76	84	123/80	64	136/103	80	117/79	81
22.09.2025	125/82	62	132/81	78	122/74	95	112/80	92
23.09.2025	128/86	72	128/75	66	131/77	67	133/95	100
24.09.2025	124/81	69	112/78	65	139/80	80	132/107	86
25.09.2025	125/81	61	128/83	89	129/66	66	132/96	83
26.09.2025	136/100	64	106/71	72	122/100	106	122/78	104
27.09.2025	123/78	74	133/80	72	129/83	71	133/72	69
28.09.2025	118/72	61	128/65	60	122/78	140	113/89	92
29.09.2025	117/77	75	117/77	71	127/76	88	124/81	85
30.09.2025	114/76	96	130/104	76	133/76	67	138/75	66