

| 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 |
| 13.02.2026 | 137/84 | 65 | 123/76 | 72 | 136/100 | 81 | 128/93 | 82 |
| 14.02.2026 | 111/81 | 58 | 135/84 | 83 | 134/81 | 71 | 138/87 | 67 |