

Health Report for Radu

Period: Mon Sep 15 2025 - Sun Sep 21 2025

Based on your personal info, your daily recommended values are:

Calories: 2379
Steps: 8514
Sleep: 8h
Pulse: 77 (Range: 67 - 87)
Blood Pressure: 137/82
(Ranges: Sys 127-147, Dia 77-87)

Date	Calories	Steps	Sleep (h)	Pulse	Blood Pressure
Mon Sep 15 2025	No records	No records	6 h '	-	-
Tue Sep 16 2025	No records	No records	4 h & p	-	-
Wed Sep 17 2025	1 2 8 4 & p	1 1 0 0 & p	9 . 2 h & p	81	133/79
Thu Sep 18 2025	1 3 6 8 & p	3 3 0 8 & p	1 h & p	84	136/78
Fri Sep 19 2025	7 1 2 & p	3 0 6 3 & p	6 . 4 h '	80	134/79