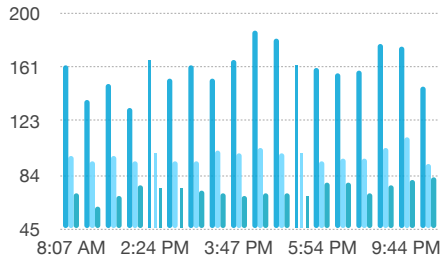


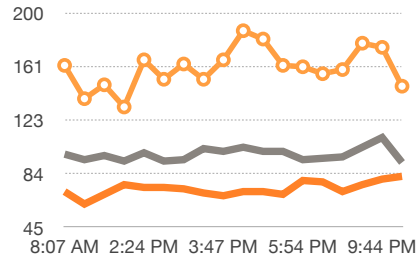
BP LOG

Jan 14, 2021

BLOOD PRESSURE (SYS/DIA IN MMHG)



BP + PULSE



AVERAGE BP (SYS)

155

AVERAGE BP (DIA)

95

MAXIMUM SYS

166

MAXIMUM DIA

99

AVERAGE PULSE

71

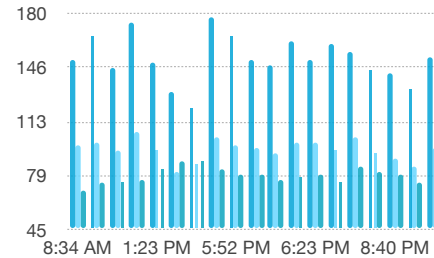
MAX PULSE

76

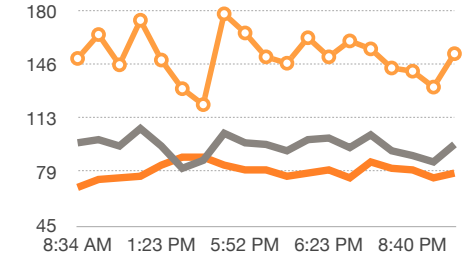
DATE/TIME	BP SYSTOLIC (MMHG)	BP DIA (MMHG)	PULSE (/ MIN)	NOTES
8:07 AM	162	98	71	Wake up - time may be wrong
8:14 AM	138	94	62	After - TM, slowing down heart rate
9:56 AM	148	97	69	After - more sleep
11:15 AM	132	93	76	Before - coffee & toast
2:24 PM	166	99	74	After - computer work (bills) & stretch
2:49 PM	152	93	74	After - TM, sitting at computer
3:06 PM	163	94	73	After - starting this spreadsheet
3:22 PM	152	102	70	After - editing this spreadsheet, leaning back in chair
3:47 PM	166	100	68	After - massage machine
3:59 PM	187	103	71	After - sitting at computer, creating additional spreadsheets, and then shutting eyes and leaning back for 3 minutes in computer chair
4:04 PM	181	100	71	After - editing this spreadsheet, leaning back in chair

Jan 15, 2021

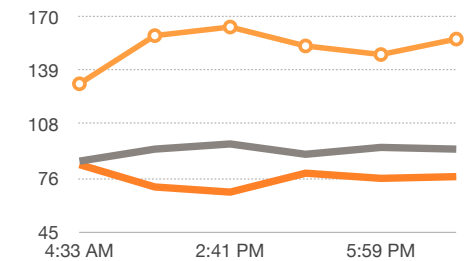
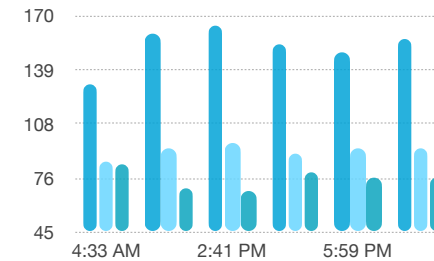
BLOOD PRESSURE (SYS/DIA IN MMHG)



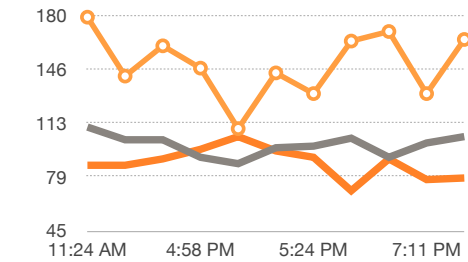
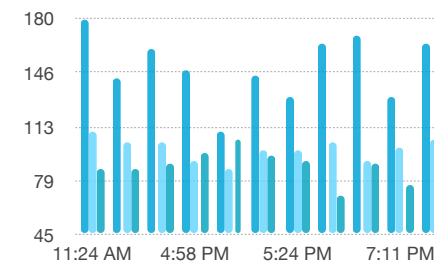
BP + PULSE



Jan 16, 2021



Jan 17, 2021



Notes to Katrina on 1/17/21

- This is version 2 of the prototype.
 - I added graphs for each day
 - I added the AHA instructions & chart.
- Oops, I just saw the Instructions below by AHA. I haven't followed them all. I need to start data analysis from

DATE/TIME	BP SYSTOLIC (MMHG)	BP DIA (MMHG)	PULSE (/ MIN)	NOTES
4:09 PM	162	100	69	After - standing and drinking water
5:54 PM	161	94	79	After - standing after sitting on couch and watching Leon
6:52 PM	156	95	78	After - standing after sitting on couch and watching Leon
7:10 PM	159	96	71	After- sitting on couch and watching Leon
9:12 PM	178	103	76	After - sitting on couch & interacting on iPhone
9:44 PM	175	110	80	After - sitting on couch using computer - pre eating
11:49 PM	147	92	82	After - sitting on couch using computer - post eating
8:34 AM	150	97	69	After - sleep, TM, sitting in bed, Tizanidine & Zolpidem
8:44 AM	165	99	74	After - sitting in bed, conscious effort to reduce tension and listening to music
10:21 AM	146	95	75	After - iPhone in bed, relaxed
12:38 PM	174	106	76	After - sitting at computer, coding
1:23 PM	149	95	83	After - sitting on couch, eating breakfast and watching Brad on YouTube
2:52 PM	131	81	88	After - walking outside and enjoying the sunshine, showering, sitting down exhausted
3:21 PM	121	86	88	After TM on couch
5:44 PM	178	103	83	After - standing, prep for cooking
5:52 PM	166	97	80	After - sitting on couch and watching Brad on YouTube
6:04 PM	151	96	80	After - sitting on couch and watching Brad on YouTube
6:12 PM	147	92	76	After - sitting on couch and watching Brad on YouTube
6:21 PM	163	99	78	After - sitting on couch, shut eye 5mins with timer, then awake
6:23 PM	151	100	80	After - sitting on couch, shut eye, no Alexa timer
6:33 PM	161	94	75	After - sitting on couch and watching Brad on YouTube
7:48 PM	156	102	85	After - 9 min exercise, cooking, stretch, eating sandwich, cooking, stretch, sitting on couch, iPhone
7:52 PM	144	92	81	After - sitting on couch, shutting eyes for 2 mins - R&R
8:40 PM	142	89	80	After - drinking water, 2 massages, sitting on couch, watching Brad on YouTube @1:19:52
9:24 PM	132	85	75	After - sitting on couch, iPhone, no TV

1/18/21 to be statistically accurate.

3. I think this monitoring is more important than class for me, and homework. Coz, I'm still in dangerous averages.

4. I have asked Sam for 10 minutes on SEO for us (noon Tues) via Discord.

5. I have asked Leon Noel for 10 minutes and shared the Github with him.

6. I updated the Github ReadMe at the bottom to show our progress. If you could write yours daily, that would be stellar. Although I did update it for you.

7. I shared the netlify app on Discord...because you did that in 3 days...put it on your resume and twitter and everything!

8. I haven't shared the Github with anyone but Leon, so far.

9. I went from 187 to 109 in 3 days! I'm going to write about that on my blog...www.shimanti.com/blog. That isn't every moment of the day ... yet, but just by monitoring my blood pressure, I found my triggers (computer, iPhone, iPad) and my best reductions (walking - 30 mins+, exercise - 10 mins, leaning back and shutting my eyes in meditation-2 mins

WE ROCK!!!!

Instructions:

- Measure your blood pressure twice a day—morning and late afternoon—at about the same times every day.
- For best results, sit comfortably with both feet on the floor for at least two minutes before taking a measurement.
- When you measure your blood pressure, rest your arm on a table so the blood pressure cuff is at about the same height as your heart.
- Record your blood pressure on this sheet and show it to your doctor at every visit.

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

American Heart Association © 2020 5/20

heart.org/bplevels

DATE/TIME	BP SYSTOLIC (MMHG)	BP DIA (MMHG)	PULSE (/ MIN)	NOTES
10:37 PM	153	96	78	After - computer - first site deployed
4:33 AM	131	86	84	After - sleep & drugs
12:30 PM	159	93	71	After - moving stuff to Phoenix, standing, sitting in car
2:41 PM	164	96	68	After - sitting at computer-Leon, iPhone- Discord
500	153	90	79	After - walking, sitting, iiPhone
5:59 PM	148	94	76	After - nap 1 hour
8:06 PM	157	93	77	After - dinner, iPad
				Somewhere in between was a 168 reading
				But back hurts so much I'm drugging out for the night.
				The categories need to be clicked. Extra info will be AI text deciphered. Computer, iPad, iPhone is killing my back. Not enough data for analysis yet on BP. Need 30 days. But too laborious.
11:24 AM	179	110	86	After - getting up from bed, drugs, sleep,
1:20 PM	142	102	86	After - sitting outside pre-breakfast
1:23 PM	161	102	90	After - iPhone wtf!
4:58 PM	147	91	96	After - TM
4:00 PM	109	87	104	After - exercise 10 minutes
5:09 PM	144	97	95	After - Discord message to Sam for SEO help on Tuesday EST, iPhone
5:24 PM	131	98	91	After - discord message to Leon for advice iPhone
6:54 PM	164	103	70	After - standing, iPhone
7:08 PM	170	91	90	After - exercise 10 minutes, standing
7:11 PM	131	100	77	After - 2 min shut eye, sitting
7:14 PM	165	104	78	MS Symptoms still hurt, but not a trigger for BP! After - computer entry sitting,
8:45 PM	145	100	72	After - computer, sitting
9:04 PM	170	106	78	After - sitting and not leaning back, iPhone
9:13 PM	166	99	73	After - sitting and not leaning back, computer
9:20 PM	162	93	74	After - computer, sitting, but leaning back