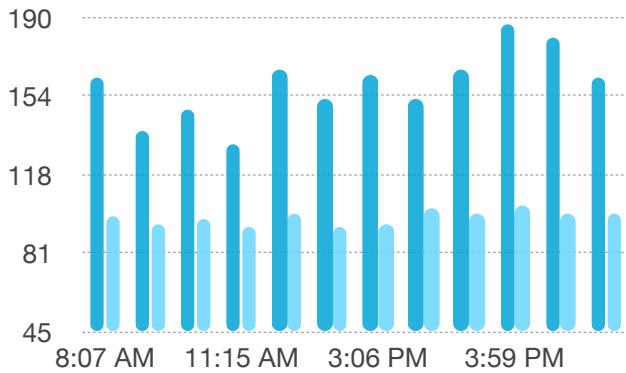


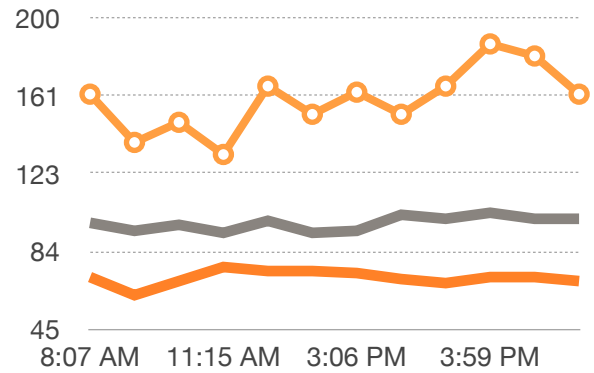
# BP LOG

Jan 14, 2021

## BLOOD PRESSURE (MMHG)



## BP + PULSE



AVERAGE BP (SYS)

**159**

MAXIMUM SYS

**166**

AVERAGE PULSE

**71**

AVERAGE BP (DIA)

**95**

MAXIMUM DIA

**99**

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

DATE/TIME	BP SYSTOLIC (MMHG)	BP DIA (MMHG)	PULSE (/ MIN)	NOTES
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
4:09 PM	162	100	69	After - standing and drinking water

### Activities for the Day - from log

Activity	
Sleep	Wake up - time may be wrong
Meditation	After - TM, slowing down heart rate
Sleep	After - more sleep
Standing	Before - coffee & toast
Sitting & Standing & Eating	After - computer work (bills) & stretch
Sitting & Meditation	After - TM, sitting at computer
Sitting & Computer	After - starting this spreadsheet
Sitting & Computer	After - editing this spreadsheet, leaning back in chair
Sitting & Massage	After - massage machine
Sitting & Computer & Meditation	After - sitting at computer, creating additional spreadsheets, and then shutting eyes and leaning back for 3 minutes in computer chair
Standing & Drinking Water	After - standing and drinking water

## CATEGORIES

Computer	Computer
Drinking Water	Drinking Water
Eating	Eating
Massage	Massage
Meditation	Meditation
Sitting	Sitting
Sleep	Sleep
Standing	Standing
Doing a lot	Don't know