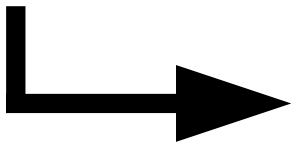


id	month_0	month_1	month_2	month_3
1	157.33	143.04	95.53	126.58
2	110.07	113.48	135.85	153.58
3	108.82	117.90	156.90	145.18
4	119.38	177.11	150.32	120.75
5	120.50	90.28	117.25	126.70



```
df_long <- df_wide ▷
  pivot_longer(cols = month_0:month_3,
               names_to = "month",
               names_prefix = "month_",
               values_to = "bp")
```

id	month	bp
1	0	157.33
1	1	143.04
1	2	95.53
1	3	126.58
2	0	110.07
2	1	113.48
2	2	135.85
2	3	153.58
3	0	108.82
3	1	117.90
3	2	156.90
3	3	145.18
4	0	119.38
4	1	177.11
4	2	150.32
4	3	120.75
5	0	120.50
5	1	90.28
5	2	117.25
5	3	126.70