

Blood pressure report

Sample report

Cuff: Upper-arm cuff, size M

Usual arm: Left

Range: 26 Aug 2026 – 24 Sep 2026 · 30 days

Generated: 24 Sep 2026 18:20

Context: amlodipine 5 mg since July

AVERAGE

135/83

58 sessions · Hypertension range

7-DAY PROTOCOL

133/81

6 of 7 days

MORNING

136/83

29 sessions

EVENING

133/84

29 sessions

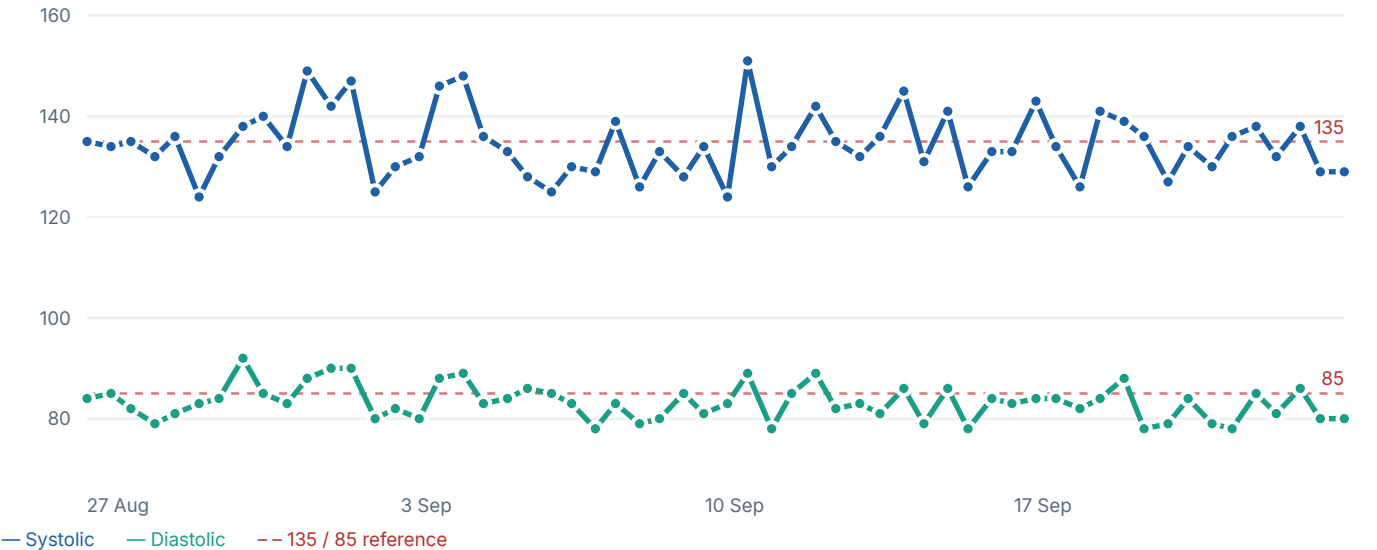
COVERAGE

29

of 30 · days with both

Sessions at or above 135/85: 30 of 58 sessions
Irregular rhythm: 7 of 116 readings
Change vs previous 30 days: systolic -1, diastolic +3

SESSIONS



SESSIONS BY DAY

Time	SYS	DIA	Pulse	Readings	Irregular	Note
Wed 26 Aug 2026						
★ 07:09	135	84	61	134/84 · 136/84		
★ 20:11	134	85	77	134/86 · 133/84		
Thu 27 Aug 2026						
★ 07:02	135	82	72	135/82 · 135/81		
20:06	132	79	72	133/78 · 131/80		
Fri 28 Aug 2026						
★ 07:02	136	81	67	135/81 · 137/81		
20:11	124	83	63	125/83 · 123/83		
Sat 29 Aug 2026						
07:03	132	84	74	132/83 · 132/84		
★ 20:05	138	92	75	139/92 · 137/92	♥	
Sun 30 Aug 2026						
★ 07:09	140	85	71	140/85 · 139/84		
20:08	134	83	64	134/82 · 134/83		

Mon 31 Aug 2026					
★ 07:06	149	88	70	148/87 · 150/89	
★ 20:08	142	90	70	142/90 · 142/90	
Tue 1 Sep 2026					
★ 07:03	147	90	63	146/91 · 147/89	
20:06	125	80	67	126/79 · 124/80	
Wed 2 Sep 2026					
07:05	130	82	66	130/81 · 129/83	♡
20:07	132	80	69	131/80 · 133/80	
Thu 3 Sep 2026					
★ 07:06	146	88	60	144/88 · 147/87	
★ 20:07	148	89	72	147/89 · 149/88	
Fri 4 Sep 2026					
★ 07:07	136	83	72	137/82 · 135/84	
20:12	133	84	60	131/84 · 134/84	♡
Sat 5 Sep 2026					
★ 07:08	128	86	74	128/86 · 127/86	Coffee first
★ 20:12	125	85	75	126/84 · 124/86	
Sun 6 Sep 2026					
07:09	130	83	69	130/83 · 129/82	
20:07	129	78	74	128/78 · 130/78	
Mon 7 Sep 2026					
★ 07:05	139	83	71	138/83 · 140/82	
20:10	126	79	78	126/79 · 126/79	
Tue 8 Sep 2026					
07:04	133	80	64	132/81 · 133/79	
★ 20:12	128	85	68	126/84 · 129/85	♡
Wed 9 Sep 2026					
07:09	134	81	74	134/81 · 133/81	Stressful day
20:05	124	83	68	124/82 · 124/83	
Thu 10 Sep 2026					
★ 07:04	151	89	76	150/89 · 151/88	
20:08	130	78	63	129/78 · 130/77	
Fri 11 Sep 2026					
★ 07:02	134	85	64	133/85 · 135/85	
★ 20:10	142	89	76	143/88 · 140/89	
Sat 12 Sep 2026					
★ 07:05	135	82	72	136/81 · 134/83	
20:11	132	83	70	131/83 · 133/83	

Sun 13 Sep 2026					
★ 07:09	136	81	67	136/81 · 136/80	
★ 20:09	145	86	70	145/87 · 145/85	
Mon 14 Sep 2026					
07:07	131	79	63	130/79 · 131/79	
★ 20:06	141	86	61	141/86 · 141/85	♡
Tue 15 Sep 2026					
07:09	126	78	70	126/78 · 126/77	
20:07	133	84	63	131/84 · 134/83	
Wed 16 Sep 2026					
07:03	133	83	66	133/83 · 132/82	
★ 20:10	143	84	70	142/83 · 143/85	♡
Thu 17 Sep 2026					
07:03	134	84	67	132/84 · 135/83	
20:07	126	82	70	125/82 · 126/81	
Fri 18 Sep 2026					
★ 07:07	141	84	66	140/84 · 142/83	
★ 20:12	139	88	62	140/87 · 137/89	
Sat 19 Sep 2026					
★ 07:03	136	78	76	135/78 · 136/77	
20:08	127	79	62	128/79 · 126/78	
Sun 20 Sep 2026					
07:05	134	84	76	135/84 · 133/84	
20:06	130	79	61	130/78 · 129/80	♡
Mon 21 Sep 2026					
★ 07:02	136	78	78	136/77 · 135/79	
★ 20:07	138	85	69	137/85 · 139/84	
Tue 22 Sep 2026					
07:05	132	81	67	133/80 · 131/82	
★ 20:10	138	86	60	138/86 · 137/86	
Wed 23 Sep 2026					
07:06	129	80	74	129/80 · 128/79	
20:09	129	80	77	128/79 · 130/81	

★ session at or above 135/85 · ♡ irregular rhythm