

Min Value	88	61	52
Max Value	146	102	101
Averages	131	79	68

Blood Pressure History Jun-Jul 2022								Eating	Comment	Average		
Date	Time	BP	Systolic	Diastolic	Pulse	OK/Bad			Sys	Dia	Pulse	
14-Jun-22	9:00 AM	138/88	138	88	?	OK	Dr Office	Tuesday	138	89	79	
14-Jun-22	12:42 PM	137/83	137	83	90	OK	After Run					
14-Jun-22	7:02 PM	140/96	140	96	68	OK	Night Read					
15-Jun-22	6:22 AM	144/100	144	100	68	OK	Morning Read	Wednesday	143	89	69	
15-Jun-22	1:56 PM	138/82	138	82	71	OK	After lawn work					
15-Jun-22	7:11 PM	146/84	146	84	69	OK	Night Read					
16-Jun-22	6:12 AM	140/102	140	102	66	OK	Morning Read	Thursday	139	88	73	
16-Jun-22	11:40 AM	131/77	131	77	86	OK	After run					
16-Jun-22	6:58 PM	144/85	145	85	66	OK	Night Read					
17-Jun-22	7:14 AM	145/88	145	88	68	OK	Morning Read	Friday	128	80	76	
17-Jun-22	12:52 PM	105/67	105	67	93	OK	After run					
17-Jun-22	7:02 PM	135/84	135	84	68	OK	Night Read					
18-Jun-22	6:10 AM	143/94	143	94	61	OK	Morning Read	Saturday	137	85	63	
18-Jun-20	1:04 PM	127/76	124	76	64	OK	After rest					
18-Jun-20	7:05 PM	143/85	143	85	63	OK	Night Read					
19-Jun-22	6:23 AM	133/84	133	84	63	OK	Morning Read	Sunday	130	78	60	
19-Jun-22	11:21 AM	125/67	126	67	63	OK	After rest					
19-Jun-22	7:01 PM	130/82	130	82	54	OK	Night Read					
20-Jun-22	5:31 AM	145/102	145	102	62	OK	Morning Read	Monday	131	83	79	
20-Jun-22	1:49 PM	111/65	111	65	99	OK	After run					
20-Jun-22	7:00 PM	136/82	136	82	75	OK	Night Read					
21-Jun-22	6:54 AM	144/89	144	89	65	OK	Morning Read	Tuesday	129	79	76	
21-Jun-22	2:36 PM	112/73	112	73	94	OK	After run					
21-Jun-22	7:00 PM	130/70	130	74	68	OK	Night Read					
22-Jun-22	7:23 AM	145/95	145	95	65	OK	Morning Read	Wednesday	136	83	66	
22-Jun-22	12:42 PM	127/72	127	72	68	OK	After rest					
22-Jun-22	7:03 PM	135/82	136	82	66	OK	Night Read					
23-Jun-22	6:33 AM	140/83	140	83	63	OK	Morning Read	Thrusday	130	77	75	
23-Jun-22	3:52 PM	119/72	119	72	95	OK	After Run					
23-Jun-22	7:00 PM	132/76	132	76	68	OK	Night Read					
24-Jun-22	5:54 AM	136/87	136	87	63	OK	Morning Read	Friday	123	75	75	
24-Jun-22	12:45 PM	102/64	102	64	100	OK	After Run					
24-Jun-22	7:01 PM	131/75	131	75	63	OK	Night Read					

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Date	Time	BP	Systolic	Diastolic	Pulse	OK/Bad			Sys	Dia	Pulse	
25-Jun-22	6:03 AM	134/93	134	93	66	OK	Morning Read	Saturday Heat	131	85	69	
25-Jun-22	1:19 PM	125/76	125	76	73	OK	After Run					
25-Jun-22	7:00 PM	135/85	135	85	69	OK	Night Read					
26-Jun-22	7:06 AM	134/87	134	87	64	OK	Morning Read	Sunday Heat	133	84	67	
26-Jun-22	2:51 PM	129/79	129	79	72	OK	After Walk					
26-Jun-22	6:50 PM	137/87	137	87	65	OK	Night Read					
27-Jun-22	6:10 AM	139/84	139	84	64	OK	Morning Read	Monday Rain	121	75	74	
27-Jun-22	12:34 PM	88/61	88	61	96	OK	After Run					
27-Jun-22	7:01 PM	136/79	136	79	63	OK	Night Read					
28-Jun-22	7:02 AM	145/97	145	97	59	OK	Morning Read	Tuesday	132	83	70	
28-Jun-22	12:25 PM	112/67	112	67	93	OK	After Run					
28-Jun-22	7:00 PM	140/85	140	85	58	OK	Night Read					
29-Jun-22	6:02 AM	145/91	145	91	59	OK	Morning Read	Wednesday	137	79	58	
29-Jun-22	1:41 PM	132/71	131	71	61	OK	After Walk&Work					
29-Jun-22	7:54 PM	135/76	135	76	55	OK	Night Read					
30-Jun-22	6:02 AM	139/78	138	78	54	OK	Morning Read	Thursday	133	78	63	
30-Jun-22	12:59 PM	128/72	128	72	73	OK	After run and stress					
30-Jun-22	7:24 PM	133/83	133	83	61	OK	Night Read					
1-Jul-22	5:37 AM	142/81	142	81	59	OK	Morning Read	Friday	127	71	71	
1-Jul-22	12:42 PM	112/65	112	65	96	OK	After run					
1-Jul-22	7:00 PM	126/67	126	67	58	OK	Night Read					
2-Jul-22	6:04 AM	132/76	132	76	56	OK	Morning Read	Saturday	132	77	62	
2-Jul-22	1:33 PM	133/84	133	84	69	OK	After hour walk					
2-Jul-22	7:00 PM	132/72	132	72	61	OK	Night Read					
3-Jul-22	6:43 AM	132/83	132	83	57	OK	Morning Read	Saturday	134	83	60	
3-Jul-22	4:41 PM	132/81	132	81	59	OK	After hour walk					
3-Jul-22	7:00 PM	138/84	138	84	64	OK	Night Read					
4-Jul-22	5:37 AM	139/78	139	78	55	OK	Morning Read	Monday	121	73	71	
4-Jul-22	1:49 PM	95/64	95	64	95	OK	After hour run					
4-Jul-22	7:00 PM	130/76	130	76	64	OK	Night Read					
5-Jul-22	6:27 AM	136/89	136	89	53	OK	Morning Read	Tuesday	127	75	69	
5-Jul-22	2:02 PM	108/62	108	62	91	OK	After hour run					
5-Jul-22	7:00 PM	138/74	138	74	64	OK	Night Read					

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Date	Time	BP	Systolic	Diastolic	Pulse	OK/Bad			Sys	Dia	Pulse	
6-Jul-22	5:20 AM	137/78	137	78	56	OK	Morning Read	Wednesday	134	81	63	
6-Jul-22	3:56 PM	130/80	130	90	69	OK	After Lawn & Exercise					
6-Jul-22	7:03 PM	134/75	134	75	64	OK	Night Read					
7-Jul-22	5:37 AM	134/73	134	73	55	OK	Morning Read	Thursday	123	69	68	
7-Jul-22	2:04 PM	107/64	107	64	92	OK	After hour run					
7-Jul-22	7:15 PM	129/70	129	70	58	OK	Night Read					
8-Jul-22	5:03 AM	134/81	134	81	54	OK	Morning Read	Friday	130	84	66	
8-Jul-22	4:17 PM	117/82	117	82	82	OK	After hour run					
8-Jul-22	7:06 PM	138/88	138	88	63	OK	Night Read					
9-Jul-22	5:23 AM	130/79	130	79	53	OK	Morning Read	Saturday	131	75	56	
9-Jul-22	12:22 PM	131/70	131	70	60	OK	After hour walk					
9-Jul-22	7:44 PM	133/75	133	75	55	OK	Night Read					
10-Jul-22	5:52 AM	133/78	133	78	53	OK	Morning Read	Sunday	135	75	56	
10-Jul-22	1:20 PM	135/69	135	69	58	OK	After hour run					
10-Jul-22	7:11 PM	137/79	137	79	57	OK	Night Read					
11-Jul-22	5:52 AM	139/83	139	83	52	OK	Morning Read	Monday	122	71	71	
11-Jul-22	1:16 PM	111/63	111	63	101	OK	After hour run					
11-Jul-22	6:05 PM	116/68	116	68	59	OK	Night Read					
12-Jul-22	5:25 AM	136/76	136	76	55	OK	Morning Read	Tuesday	125	72	69	
12-Jul-22	4:20 PM	112/67	112	67	90	OK	After hour run					
12-Jul-22	7:00 PM	126/72	126	72	63	OK	Night Read					
13-Jul-22	6:15 AM	134/85	134	85	58	OK	Morning Read	Wednesday	133	78	59	
13-Jul-22	2:17 PM	137/81	137	81	59	OK	After hour walk					
13-Jul-22	7:02 PM	128/69	128	69	59	OK	Night Read					
14-Jul-22	5:13 AM	132/82	132	82	55	OK	Morning Read	Thursday	126	79	69	
14-Jul-22	8:55 AM	119/75	119	76	92	OK	After hour run					
14-Jul-22	6:00 PM	128/79	128	79	61	OK	Night Read					
15-Jul-22	5:13 AM	134/76	134	76	53	OK	Morning Read	Friday	123	74	66	
15-Jul-22	1:34 PM	104/63	104	63	82	OK	After hour run					
15-Jul-22	7:05 PM	132/83	132	83	62		Night Read					
16-Jul-22	4:58 AM	137/73	137	73	53	OK	Morning Read	Saturday	133	75	58	
16-Jul-22	12:40 PM	131/75	131	75	61		After hour walk					
16-Jul-22	7:00 PM	132/77	132	77	60		Night Read					

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17-Jul-22	5:41 AM	138/78	138	78	54	OK	Morning Read	135	78	55	
17-Jul-22	1:11 PM	132/72	132	72	58		After hour walk				
17-Jul-22	7:58 PM	135/83	135	83	53		Night Read				
18-Jul-22	6:40 AM	135/97	135	97	53	OK	Morning Read	124	78	65	
18-Jul-22	12:26 PM	104/56	104	56	85		After hour run				
18-Jul-22	7:00 PM	132/82	132	82	57		Night Read				