



John Doe

Date of birth Jan 3, 1976

Blood type -

Sex Male

Blood Pressure Report

From Jan 1, 2021 to Jan 31, 2021

Average systolic

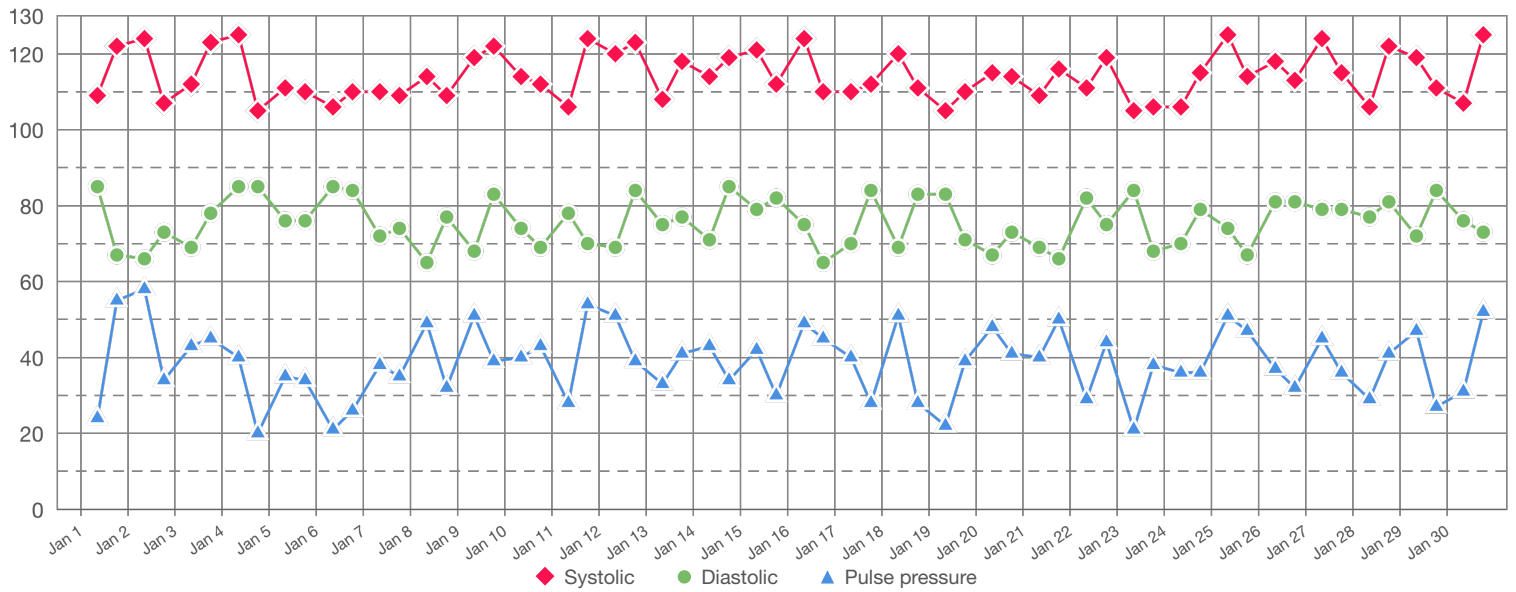
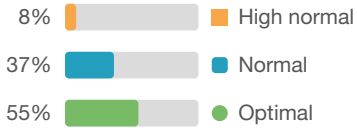
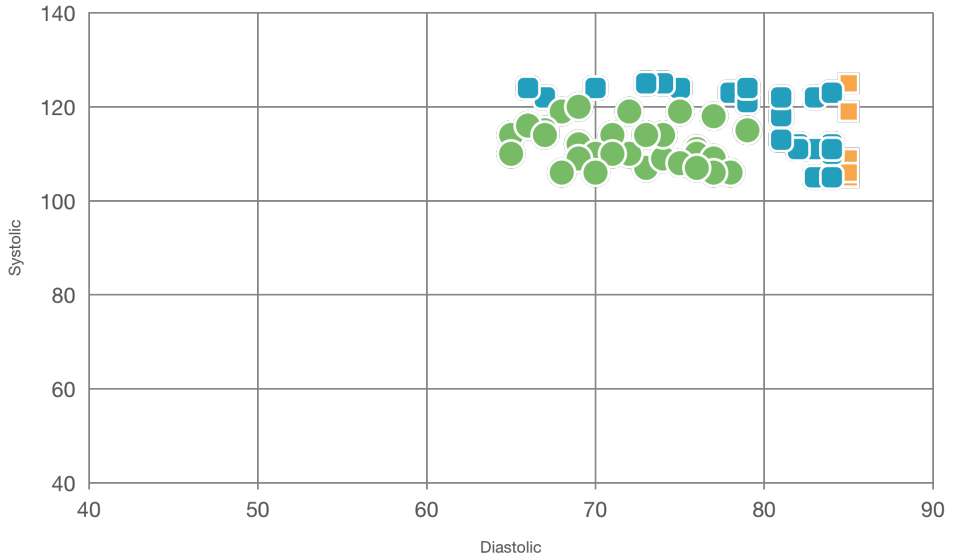
114 mm Hg

Average diastolic

76 mm Hg

Average pulse pressure

38 mm Hg



Date	Time	Systolic	Diastolic	Pulse pressure	Heart rate	Body temp (°C)	Classification	12 hour recall of dietary intake		
								Sodium	Carbohydrates	Caffeine
Jan 1, 2021	08:30	109 ▼	85 ▲	24 ●	64 - 67	-	High normal	1742 mg	189.609 g	185 mg
Jan 1, 2021	18:23	122 ▲	67 ▼	55 ●	60 - 63	-	Normal	1378 mg	159.876 g	96 mg
Jan 2, 2021	08:27	124 ▲	66 ▼	58 ●	60 - 63	-	Normal	1811 mg	184.368 g	195 mg
Jan 2, 2021	18:23	107 ▼	73 ▼	34 ●	61 - 64	-	Optimal	1430 mg	179.386 g	130 mg
Jan 3, 2021	08:17	112 ▼	69 ▼	43 ●	63 - 66	-	Optimal	1769 mg	199.172 g	177 mg
Jan 3, 2021	18:11	123 ▲	78 ▲	45 ●	62 - 64	-	Normal	1738 mg	159.316 g	150 mg
Jan 4, 2021	08:24	125 ▲	85 ▲	40 ●	63 - 66	-	High normal	1441 mg	165.638 g	192 mg

Jan 4, 2021	18:12	105 ▼	85 ▲	20 ●	64 - 67	-	High normal	1409 mg	192.618 g	116 mg
Jan 5, 2021	08:10	111 ▼	76 ●	35 ●	60 - 63	-	Optimal	1649 mg	149.022 g	171 mg
Jan 5, 2021	18:16	110 ▼	76 ●	34 ●	64 - 67	-	Optimal	1449 mg	197.341 g	76 mg
Jan 6, 2021	08:28	106 ▼	85 ▲	21 ●	63 - 66	-	High normal	1756 mg	133.973 g	200 mg
Jan 6, 2021	18:25	110 ▼	84 ▲	26 ●	61 - 64	-	Normal	1451 mg	137.266 g	162 mg
Jan 7, 2021	08:19	110 ▼	72 ▼	38 ●	61 - 63	-	Optimal	1999 mg	138.167 g	110 mg
Jan 7, 2021	18:21	109 ▼	74 ▼	35 ●	64 - 66	-	Optimal	1983 mg	187.925 g	200 mg
Jan 8, 2021	08:18	114 ●	65 ▼	49 ●	60 - 63	-	Optimal	1635 mg	170.704 g	141 mg
Jan 8, 2021	18:23	109 ▼	77 ▲	32 ●	62 - 64	-	Optimal	1395 mg	171.612 g	195 mg
Jan 9, 2021	08:25	119 ▲	68 ▼	51 ●	63 - 66	-	Optimal	1971 mg	130.514 g	121 mg
Jan 9, 2021	18:22	122 ▲	83 ▲	39 ●	61 - 64	-	Normal	1365 mg	193.85 g	79 mg
Jan 10, 2021	08:18	114 ●	74 ▼	40 ●	63 - 65	-	Optimal	1522 mg	149.224 g	177 mg
Jan 10, 2021	18:11	112 ▼	69 ▼	43 ●	65 - 66	-	Optimal	1312 mg	150.403 g	173 mg
Jan 11, 2021	08:23	106 ▼	78 ▲	28 ●	62 - 64	-	Optimal	1600 mg	133.441 g	173 mg
Jan 11, 2021	18:11	124 ▲	70 ▼	54 ●	65 - 67	-	Normal	1720 mg	181.289 g	75 mg
Jan 12, 2021	08:18	120 ▲	69 ▼	51 ●	63 - 65	-	Optimal	1379 mg	172.697 g	96 mg
Jan 12, 2021	18:28	123 ▲	84 ▲	39 ●	63 - 66	-	Normal	1449 mg	180.818 g	125 mg
Jan 13, 2021	08:18	108 ▼	75 ▼	33 ●	61 - 64	-	Optimal	1609 mg	195.987 g	185 mg
Jan 13, 2021	18:15	118 ▲	77 ▲	41 ●	62 - 64	-	Optimal	1603 mg	133.171 g	89 mg
Jan 14, 2021	08:14	114 ●	71 ▼	43 ●	61 - 64	-	Optimal	1561 mg	171.024 g	176 mg
Jan 14, 2021	18:13	119 ▲	85 ▲	34 ●	64 - 66	-	High normal	1441 mg	163.841 g	194 mg
Jan 15, 2021	08:17	121 ▲	79 ▲	42 ●	63 - 66	-	Normal	1966 mg	190.948 g	107 mg
Jan 15, 2021	18:17	112 ▼	82 ▲	30 ●	61 - 64	-	Normal	1479 mg	194.97 g	103 mg
Jan 16, 2021	08:29	124 ▲	75 ▼	49 ●	63 - 66	-	Normal	1584 mg	158.429 g	198 mg
Jan 16, 2021	18:10	110 ▼	65 ▼	45 ●	62 - 65	-	Optimal	1705 mg	148.331 g	135 mg
Jan 17, 2021	08:18	110 ▼	70 ▼	40 ●	62 - 65	-	Optimal	1670 mg	134.497 g	188 mg
Jan 17, 2021	18:30	112 ▼	84 ▲	28 ●	66 - 68	-	Normal	1746 mg	159.909 g	97 mg
Jan 18, 2021	08:27	120 ▲	69 ▼	51 ●	62 - 65	-	Optimal	1721 mg	176.116 g	115 mg
Jan 18, 2021	18:23	111 ▼	83 ▲	28 ●	64 - 67	-	Normal	1503 mg	161.967 g	179 mg
Jan 19, 2021	08:27	105 ▼	83 ▲	22 ●	61 - 62	-	Normal	1662 mg	165.944 g	164 mg
Jan 19, 2021	18:25	110 ▼	71 ▼	39 ●	60 - 62	-	Optimal	1604 mg	181.529 g	127 mg
Jan 20, 2021	08:19	115 ▲	67 ▼	48 ●	65 - 68	-	Optimal	1620 mg	145.976 g	121 mg
Jan 20, 2021	18:13	114 ●	73 ▼	41 ●	67 - 68	-	Optimal	1917 mg	167.048 g	128 mg
Jan 21, 2021	08:14	109 ▼	69 ▼	40 ●	61 - 63	-	Optimal	1388 mg	168.518 g	85 mg
Jan 21, 2021	18:10	116 ▲	66 ▼	50 ●	63 - 66	-	Optimal	1358 mg	153.434 g	138 mg
Jan 22, 2021	08:19	111 ▼	82 ▲	29 ●	65 - 67	-	Normal	1529 mg	146.684 g	167 mg
Jan 22, 2021	18:28	119 ▲	75 ▼	44 ●	64 - 67	-	Optimal	1681 mg	199.366 g	139 mg

Jan 23, 2021	08:21	105 ▼	84 ▲	21 ●	61 - 62	-	■ Normal	1420 mg	190.562 g	142 mg
Jan 23, 2021	18:21	106 ▼	68 ▼	38 ●	61 - 64	-	● Optimal	1443 mg	166.978 g	195 mg
Jan 24, 2021	08:22	106 ▼	70 ▼	36 ●	60 - 63	-	● Optimal	1489 mg	148.753 g	117 mg
Jan 24, 2021	18:16	115 ▲	79 ▲	36 ●	62 - 65	-	● Optimal	1683 mg	178.991 g	172 mg
Jan 25, 2021	08:16	125 ▲	74 ▼	51 ●	60 - 63	-	■ Normal	1972 mg	190.504 g	83 mg
Jan 25, 2021	18:10	114 ●	67 ▼	47 ●	65 - 67	-	● Optimal	1998 mg	156.8 g	75 mg
Jan 26, 2021	08:28	118 ▲	81 ▲	37 ●	61 - 64	-	■ Normal	1961 mg	166.295 g	200 mg
Jan 26, 2021	18:24	113 ▼	81 ▲	32 ●	65 - 68	-	■ Normal	1390 mg	144.479 g	171 mg
Jan 27, 2021	08:14	124 ▲	79 ▲	45 ●	62 - 65	-	■ Normal	1486 mg	143.025 g	143 mg
Jan 27, 2021	18:12	115 ▲	79 ▲	36 ●	63 - 66	-	● Optimal	1414 mg	140.646 g	98 mg
Jan 28, 2021	08:29	106 ▼	77 ▲	29 ●	64 - 67	-	● Optimal	1674 mg	197.422 g	118 mg
Jan 28, 2021	18:18	122 ▲	81 ▲	41 ●	63 - 65	-	■ Normal	1882 mg	180.024 g	165 mg
Jan 29, 2021	08:20	119 ▲	72 ▼	47 ●	63 - 65	-	● Optimal	1551 mg	191.209 g	105 mg
Jan 29, 2021	18:29	111 ▼	84 ▲	27 ●	65 - 68	-	■ Normal	1921 mg	179.996 g	186 mg
Jan 30, 2021	08:16	107 ▼	76 ●	31 ●	65 - 67	-	● Optimal	1531 mg	132.403 g	175 mg
Jan 30, 2021	18:24	125 ▲	73 ▼	52 ●	65 - 67	-	■ Normal	1539 mg	164.761 g	174 mg

▲ ▼ ● Compared to average