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Blood Pressure Report

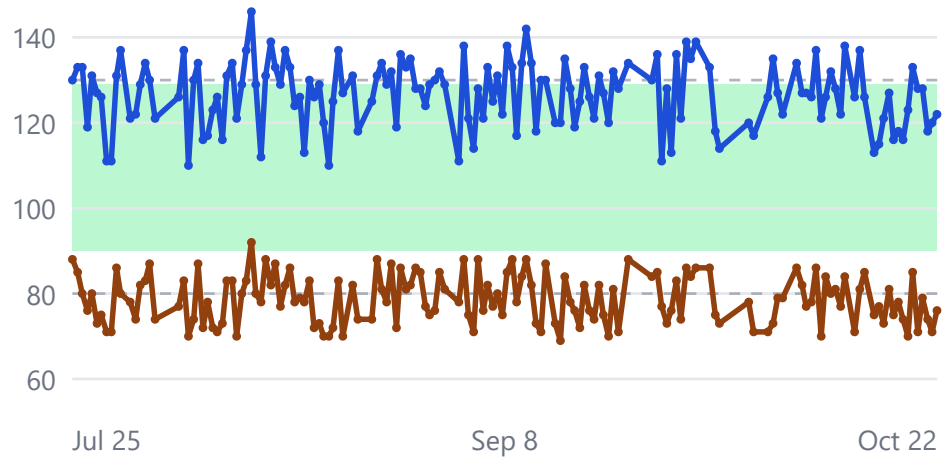
My Blood Pressure Journal — Home readings summary for your healthcare provider

Patient: Sample Patient **Period:** July 25, 2026 — October 22, 2026 **Generated:** October 22, 2026 **Goal:** 90-129/60-79 mmHg

Readings were taken by the patient at home with a personal monitor and classified using the 2025 AHA/ACC categories. This report is for informational purposes only and does not constitute medical advice, diagnosis, or treatment.

151	127/79	73	52%
TOTAL READINGS	AVG BP (MMHG) · ELEVATED	AVG PULSE (BPM)	IN GOAL (90-129/60-79)

BLOOD PRESSURE OVER TIME



Systolic · Diastolic · Goal range (systolic) · Dashed lines: AHA 130 / 80

BP DISTRIBUTION



Normal: 19% (28) · Elevated: 34% (51) · Stage 1 HTN: 46% (70) · Stage 2 HTN: 1% (2) · HTN Crisis: 0% (0)

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AVERAGE BY TIME OF DAY

PERIOD	AVG BP (MMHG)	CATEGORY	AVG PULSE	READINGS
Morning 5am–11am	**127/79**	Elevated	74	78
Afternoon 12pm–4pm	—	—	—	0
Evening 5pm–8pm	**127/78**	Elevated	72	73
Night 9pm–4am	—	—	—	0
Highest reading	**146/92**	Stage 2 Hypertension	Aug 12 8:26 PM	
Lowest reading	**110/70**	Normal	Aug 6 7:32 AM	
Outside goal	**72 of 151**	Goal 90-129/60-79 mmHg		

Morning Average (before noon)

127/79

(from 78 readings)

Evening Average (noon and after)

127/78

(from 73 readings)

MEDICATIONS TAKEN

MEDICATION	TIMES USED	AVG BP
Lisinopril	78	**127/79 mmHg**
Amlodipine	52	**127/80 mmHg**

REPORTED SYMPTOMS

Headache 1

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COMPLETE READING LOG

DATE	TIME	SYS/DIA	PULSE	CATEGORY	ARM	POSITION	TAGS	NOTES
Oct 22	8:05 PM	**122/76**	76	Elevated	Right	Sitting	—	—
Oct 22	7:48 AM	**120/71**	77	Elevated	Left	Sitting	—	—
Oct 21	8:36 PM	**118/74**	78	Normal	Right	Sitting	—	—
Oct 21	7:44 AM	**128/79**	81	Elevated	Left	Sitting	After exer…	—
Oct 20	8:34 PM	**128/71**	71	Elevated	Left	Sitting	—	—
Oct 20	7:38 AM	**133/85**	79	Stage 1 Hypertension	Left	Sitting	—	—
Oct 19	8:10 PM	**123/70**	61	Elevated	Left	Sitting	—	—
Oct 19	7:31 AM	**116/74**	78	Normal	Left	Sitting	—	Slept poo…
Oct 18	8:18 PM	**118/78**	68	Normal	Left	Sitting	Stressed	—
Oct 18	7:31 AM	**116/75**	80	Normal	Left	Sitting	—	—
Oct 17	8:44 PM	**127/81**	78	Stage 1 Hypertension	Left	Sitting	—	—
Oct 17	7:02 AM	**121/73**	80	Elevated	Left	Sitting	Stressed	—
Oct 16	8:07 PM	**115/77**	68	Normal	Left	Sitting	—	—
Oct 16	7:16 AM	**113/75**	82	Normal	Left	Standing	—	—
Oct 15	7:45 AM	**126/85**	79	Stage 1 Hypertension	Right	Sitting	—	—
Oct 14	8:26 PM	**137/81**	74	Stage 1 Hypertension	Left	Sitting	After coff…	—
Oct 14	7:14 AM	**126/71**	72	Elevated	Left	Sitting	—	—
Oct 13	7:06 AM	**138/84**	81	Stage 1 Hypertension	Right	Sitting	—	—
Oct 12	8:33 PM	**122/77**	75	Elevated	Right	Sitting	—	—
Oct 12	7:33 AM	**128/81**	70	Stage 1 Hypertension	Left	Sitting	—	—
Oct 11	8:22 PM	**132/80**	70	Stage 1 Hypertension	Left	Sitting	—	—
Oct 11	7:11 AM	**126/84**	82	Stage 1 Hypertension	Left	Sitting	—	—
Oct 10	8:34 PM	**121/70**	83	Elevated	Left	Sitting	—	Long wal…
Oct 10	7:16 AM	**137/86**	78	Stage 1 Hypertension	Left	Sitting	—	—
Oct 9	8:06 PM	**126/78**	66	Elevated	Left	Sitting	—	—
Oct 9	7:04 AM	**127/77**	85	Elevated	Left	Sitting	—	—
Oct 8	8:25 PM	**127/82**	60	Stage 1 Hypertension	Left	Sitting	—	—

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DATE	TIME	SYS/DIA	PULSE	CATEGORY	ARM	POSITION	TAGS	NOTES
Oct 8	7:09 AM	**134/86**	73	Stage 1 Hypertension	Left	Sitting	—	—
Oct 6	8:05 PM	**122/79**	66	Elevated	Left	Sitting	—	—
Oct 6	7:50 AM	**127/79**	64	Elevated	Left	Standing	—	—
Oct 5	8:47 PM	**135/73**	60	Stage 1 Hypertension	Left	Sitting	—	—
Oct 5	7:46 AM	**126/71**	74	Elevated	Left	Sitting	—	—
Oct 3	8:27 PM	**117/71**	63	Normal	Left	Sitting	—	—
Oct 3	7:48 AM	**120/78**	75	Elevated	Left	Sitting	—	—
Sep 30	7:18 AM	**114/73**	75	Normal	Left	Sitting	—	—
Sep 29	8:49 PM	**118/75**	65	Normal	Left	Sitting	—	—
Sep 29	7:05 AM	**133/86**	83	Stage 1 Hypertension	Left	Sitting	—	—
Sep 27	8:45 PM	**139/86**	74	Stage 1 Hypertension	Left	Sitting	—	—
Sep 27	7:48 AM	**135/84**	60	Stage 1 Hypertension	Left	Sitting	—	—
Sep 26	8:46 PM	**139/86**	63	Stage 1 Hypertension	Left	Sitting	—	—
Sep 26	7:10 AM	**121/74**	74	Elevated	Left	Sitting	—	—
Sep 25	8:35 PM	**136/83**	62	Stage 1 Hypertension	Left	Sitting	—	—
Sep 25	7:49 AM	**113/76**	61	Normal	Left	Sitting	—	—
Sep 24	8:23 PM	**128/73**	69	Elevated	Right	Sitting	—	—
Sep 24	7:49 AM	**111/77**	84	Normal	Left	Sitting	—	—
Sep 23	8:34 PM	**136/85**	64	Stage 1 Hypertension	Left	Sitting	—	—
Sep 23	7:24 AM	**130/84**	62	Stage 1 Hypertension	Left	Sitting	—	—
Sep 20	8:33 PM	**134/88**	82	Stage 1 Hypertension	Left	Sitting	—	—
Sep 19	8:08 PM	**128/71**	78	Elevated	Left	Sitting	—	—
Sep 19	7:03 AM	**132/81**	63	Stage 1 Hypertension	Left	Standing	—	—
Sep 18	8:03 PM	**120/70**	77	Elevated	Right	Sitting	—	—
Sep 18	7:13 AM	**127/75**	73	Elevated	Left	Standing	—	—
Sep 17	8:11 PM	**131/82**	63	Stage 1 Hypertension	Left	Sitting	—	—
Sep 17	7:49 AM	**121/74**	84	Elevated	Left	Standing	—	—
Sep 16	8:02 PM	**126/76**	71	Elevated	Left	Sitting	After coff…	—

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DATE	TIME	SYS/DIA	PULSE	CATEGORY	ARM	POSITION	TAGS	NOTES
Sep 16	7:10 AM	**133/82**	74	Stage 1 Hypertension	Left	Standing	—	—
Sep 15	8:14 PM	**125/72**	81	Elevated	Left	Sitting	—	—
Sep 15	7:27 AM	**119/76**	80	Normal	Left	Standing	—	—
Sep 14	8:33 PM	**128/78**	69	Elevated	Left	Sitting	—	—
Sep 14	7:14 AM	**135/84**	67	Stage 1 Hypertension	Left	Sitting	—	—
Sep 13	8:18 PM	**120/69**	68	Elevated	Left	Sitting	—	—
Sep 13	7:23 AM	**120/73**	78	Elevated	Left	Standing	—	—
Sep 12	7:08 AM	**130/87**	67	Stage 1 Hypertension	Right	Sitting	—	—
Sep 11	8:06 PM	**130/71**	80	Stage 1 Hypertension	Left	Sitting	—	—
Sep 11	7:26 AM	**118/73**	78	Normal	Left	Sitting	—	—
Sep 10	8:08 PM	**134/82**	63	Stage 1 Hypertension	Right	Sitting	—	—
Sep 10	7:13 AM	**142/88**	79	Stage 2 Hypertension	Left	Standing	After coff…	Measured…
Sep 9	8:24 PM	**134/84**	72	Stage 1 Hypertension	Left	Sitting	—	—
Sep 9	7:14 AM	**117/78**	79	Normal	Left	Sitting	—	—
Sep 8	8:11 PM	**133/88**	83	Stage 1 Hypertension	Left	Sitting	—	—
Sep 8	7:38 AM	**138/85**	84	Stage 1 Hypertension	Left	Sitting	—	—
Sep 7	8:11 PM	**122/75**	78	Elevated	Left	Sitting	—	—
Sep 7	7:45 AM	**131/80**	62	Stage 1 Hypertension	Left	Sitting	—	—
Sep 6	8:24 PM	**125/77**	83	Elevated	Left	Sitting	—	—
Sep 6	7:04 AM	**133/82**	67	Stage 1 Hypertension	Left	Sitting	—	—
Sep 5	8:14 PM	**121/76**	66	Elevated	Left	Sitting	Stressed	—
Sep 5	7:16 AM	**128/88**	81	Stage 1 Hypertension	Left	Sitting	—	—
Sep 4	8:33 PM	**114/71**	72	Normal	Left	Sitting	—	—
Sep 4	7:47 AM	**121/75**	65	Elevated	Left	Sitting	—	—
Sep 3	8:11 PM	**138/88**	85	Stage 1 Hypertension	Left	Standing	—	—
Sep 3	7:27 AM	**111/78**	69	Normal	Right	Sitting	—	—
Sep 1	8:32 PM	**129/81**	81	Stage 1 Hypertension	Left	Sitting	—	—
Sep 1	7:22 AM	**132/85**	60	Stage 1 Hypertension	Left	Sitting	—	—

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DATE	TIME	SYS/DIA	PULSE	CATEGORY	ARM	POSITION	TAGS	NOTES
Aug 31	8:10 PM	**130/76**	60	Stage 1 Hypertension	Left	Sitting	—	—
Aug 31	7:05 AM	**129/75**	60	Elevated	Left	Standing	—	—
Aug 30	8:39 PM	**124/77**	79	Elevated	Left	Sitting	—	—
Aug 30	7:49 AM	**128/85**	60	Stage 1 Hypertension	Left	Sitting	—	—
Aug 29	8:07 PM	**128/86**	72	Stage 1 Hypertension	Left	Standing	—	—
Aug 29	7:38 AM	**135/82**	84	Stage 1 Hypertension	Left	Sitting	—	—
Aug 28	8:21 PM	**133/81**	72	Stage 1 Hypertension	Left	Sitting	—	—
Aug 28	7:13 AM	**136/86**	69	Stage 1 Hypertension	Left	Sitting	—	—
Aug 27	8:47 PM	**119/72**	83	Normal	Left	Sitting	—	—
Aug 27	7:26 AM	**132/87**	85	Stage 1 Hypertension	Left	Sitting	—	—
Aug 26	8:07 PM	**129/78**	74	Elevated	Left	Sitting	—	—
Aug 26	7:41 AM	**134/81**	84	Stage 1 Hypertension	Left	Sitting	—	—
Aug 25	8:23 PM	**131/88**	61	Stage 1 Hypertension	Left	Standing	—	—
Aug 25	7:23 AM	**125/74**	72	Elevated	Left	Standing	—	—
Aug 23	8:37 PM	**118/74**	72	Normal	Left	Sitting	After coff…	—
Aug 23	7:36 AM	**131/82**	66	Stage 1 Hypertension	Left	Sitting	—	—
Aug 22	7:08 AM	**127/70**	69	Elevated	Left	Standing	—	—
Aug 21	8:29 PM	**137/83**	64	Stage 1 Hypertension	Left	Sitting	—	—
Aug 21	7:02 AM	**125/72**	76	Elevated	Left	Sitting	—	—
Aug 20	8:49 PM	**110/70**	74	Normal	Left	Sitting	—	—
Aug 20	7:33 AM	**120/70**	72	Elevated	Left	Sitting	—	—
Aug 19	8:46 PM	**129/73**	76	Elevated	Left	Sitting	—	—
Aug 19	7:43 AM	**126/72**	72	Elevated	Left	Sitting	—	—
Aug 18	8:25 PM	**130/83**	65	Stage 1 Hypertension	Left	Sitting	—	—
Aug 18	7:35 AM	**113/78**	70	Normal	Left	Sitting	After coff…	—
Aug 17	8:48 PM	**126/79**	71	Elevated	Right	Standing	After exer…	—
Aug 17	7:41 AM	**124/78**	80	Elevated	Left	Sitting	—	—
Aug 16	8:15 PM	**133/86**	76	Stage 1 Hypertension	Left	Sitting	—	—

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Aug 15	8:12 PM	**129/77**	78	Elevated	Left	Sitting	—	—
Aug 15	7:14 AM	**133/87**	63	Stage 1 Hypertension	Left	Sitting	—	—
Aug 14	8:21 PM	**139/82**	62	Stage 1 Hypertension	Left	Sitting	—	—
Aug 14	7:21 AM	**131/88**	79	Stage 1 Hypertension	Right	Sitting	—	—
Aug 13	8:04 PM	**112/78**	72	Normal	Left	Standing	After exer…	—
Aug 13	7:10 AM	**129/80**	72	Stage 1 Hypertension	Left	Sitting	—	—
Aug 12	8:26 PM	**146/92**	84	Stage 2 Hypertension	Left	Sitting	Stressed	Busy day …
Aug 12	7:25 AM	**137/83**	84	Stage 1 Hypertension	Left	Sitting	—	—
Aug 11	8:16 PM	**129/80**	66	Stage 1 Hypertension	Left	Standing	—	—
Aug 11	7:21 AM	**121/70**	83	Elevated	Left	Sitting	—	—
Aug 10	8:33 PM	**134/83**	74	Stage 1 Hypertension	Left	Sitting	—	—
Aug 10	7:15 AM	**131/83**	82	Stage 1 Hypertension	Left	Sitting	—	—
Aug 9	8:06 PM	**116/73**	80	Normal	Right	Standing	—	—
Aug 9	7:16 AM	**126/71**	84	Elevated	Left	Sitting	—	—
Aug 8	8:14 PM	**123/72**	72	Elevated	Right	Sitting	—	—
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Aug 7	7:35 AM	**134/87**	85	Stage 1 Hypertension	Left	Sitting	—	—
Aug 6	8:25 PM	**130/74**	70	Stage 1 Hypertension	Left	Standing	—	—
Aug 6	7:32 AM	**110/70**	60	Normal	Left	Sitting	—	—
Aug 5	8:25 PM	**137/83**	70	Stage 1 Hypertension	Left	Sitting	—	—
Aug 5	7:35 AM	**126/77**	63	Elevated	Left	Sitting	—	—
Aug 2	8:43 PM	**121/74**	74	Elevated	Left	Sitting	—	—
Aug 2	7:11 AM	**130/87**	79	Stage 1 Hypertension	Left	Sitting	—	—
Aug 1	8:23 PM	**134/83**	81	Stage 1 Hypertension	Left	Sitting	—	—
Aug 1	7:46 AM	**129/82**	69	Stage 1 Hypertension	Left	Sitting	—	—
Jul 31	8:12 PM	**122/74**	75	Elevated	Left	Sitting	After coff…	—

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DATE	TIME	SYS/DIA	PULSE	CATEGORY	ARM	POSITION	TAGS	NOTES
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Jul 29	8:44 PM	**131/86**	84	Stage 1 Hypertension	Left	Sitting	—	—
Jul 29	7:38 AM	**111/71**	76	Normal	Left	Sitting	—	—
Jul 28	8:13 PM	**111/71**	81	Normal	Left	Sitting	—	—
Jul 28	7:07 AM	**126/75**	77	Elevated	Left	Sitting	—	—
Jul 27	8:28 PM	**127/73**	67	Elevated	Left	Sitting	—	—
Jul 27	7:48 AM	**131/80**	81	Stage 1 Hypertension	Left	Sitting	—	—
Jul 26	8:50 PM	**119/76**	78	Normal	Left	Sitting	—	—
Jul 26	7:37 AM	**133/80**	83	Stage 1 Hypertension	Left	Sitting	—	—
Jul 25	8:20 PM	**133/85**	72	Stage 1 Hypertension	Left	Sitting	—	—
Jul 25	7:23 AM	**130/88**	63	Stage 1 Hypertension	Left	Sitting	—	—

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