

Health Diary — Blood pressure report

Sample Patient · de-identified example 08/06/2026 – 01/08/2026 Generated 02/08/2026

At a glance

AVERAGE

132/82

mmHg

LAST 7 DAYS

124/77

4 readings

READINGS

28

over 55 days

BELOW 135/85

64%

18 of 28

Highest reading: 148/92 mmHg on 08/06/2026 07:30 pm

Lowest reading: 122/76 mmHg on 30/07/2026 07:44 am

Morning (before midday): 132/82 mmHg over 18 readings

Afternoon / evening: 133/83 mmHg over 10 readings

Recording frequency: 3.6 readings per week

Average heart rate: 70 bpm (28 readings)

Readings by reference range

Range	Readings	Share	Reference (home readings)
Normal	0	0%	below 120 systolic and below 80 diastolic
Elevated	8	29%	120–129 systolic and below 80 diastolic
Stage 1	15	54%	130–139 systolic or 80–89 diastolic
Stage 2	5	18%	140+ systolic or 90+ diastolic

Ranges follow common clinical categories for home readings and are shown for reference only — they describe the numbers recorded, not a diagnosis. Home targets are usually lower than clinic targets.

All readings

Date	Time	Systolic	Diastolic	Range	HR	Comment
01/08/2026	07:51 pm	125	78	Elevated	69	
30/07/2026	07:44 am	122	76	Elevated	66	
28/07/2026	07:37 am	126	79	Elevated	70	
26/07/2026	07:30 pm	123	76	Elevated	68	
24/07/2026	07:51 am	128	80	Stage 1	69	
22/07/2026	07:44 am	124	77	Elevated	67	
20/07/2026	07:37 pm	129	82	Stage 1	72	big dinner night before
18/07/2026	07:30 am	125	78	Elevated	70	
16/07/2026	07:51 am	127	80	Stage 1	68	
14/07/2026	07:44 pm	130	81	Stage 1	71	
12/07/2026	07:37 am	126	78	Elevated	66	
10/07/2026	07:30 am	131	82	Stage 1	70	
08/07/2026	07:51 pm	128	79	Elevated	69	
06/07/2026	07:44 am	132	84	Stage 1	73	
04/07/2026	07:37 am	129	80	Stage 1	67	
02/07/2026	07:30 pm	134	83	Stage 1	70	
30/06/2026	07:51 am	131	81	Stage 1	72	walked 30 min
28/06/2026	07:44 am	136	85	Stage 1	69	
26/06/2026	07:37 pm	133	82	Stage 1	71	
24/06/2026	07:30 am	138	86	Stage 1	75	
22/06/2026	07:51 am	135	84	Stage 1	68	
20/06/2026	07:44 pm	140	88	Stage 2	70	
18/06/2026	07:37 am	137	85	Stage 1	73	
16/06/2026	07:30 am	142	87	Stage 2	69	slept poorly
14/06/2026	07:51 pm	139	86	Stage 1	72	
12/06/2026	07:44 am	144	90	Stage 2	76	
10/06/2026	07:37 am	141	88	Stage 2	71	
08/06/2026	07:30 pm	148	92	Stage 2	74	started diary