

Blood Pressure Report

Eleanor Reyes · Age 60 · female · 153.0 lb (BMI 25.5, Overweight)
Aug 8, 2026 – Sep 6, 2026
Generated Sep 6, 2026

AVERAGE BP

121/78

MMHG

READINGS

59

SYSTOLIC RANGE

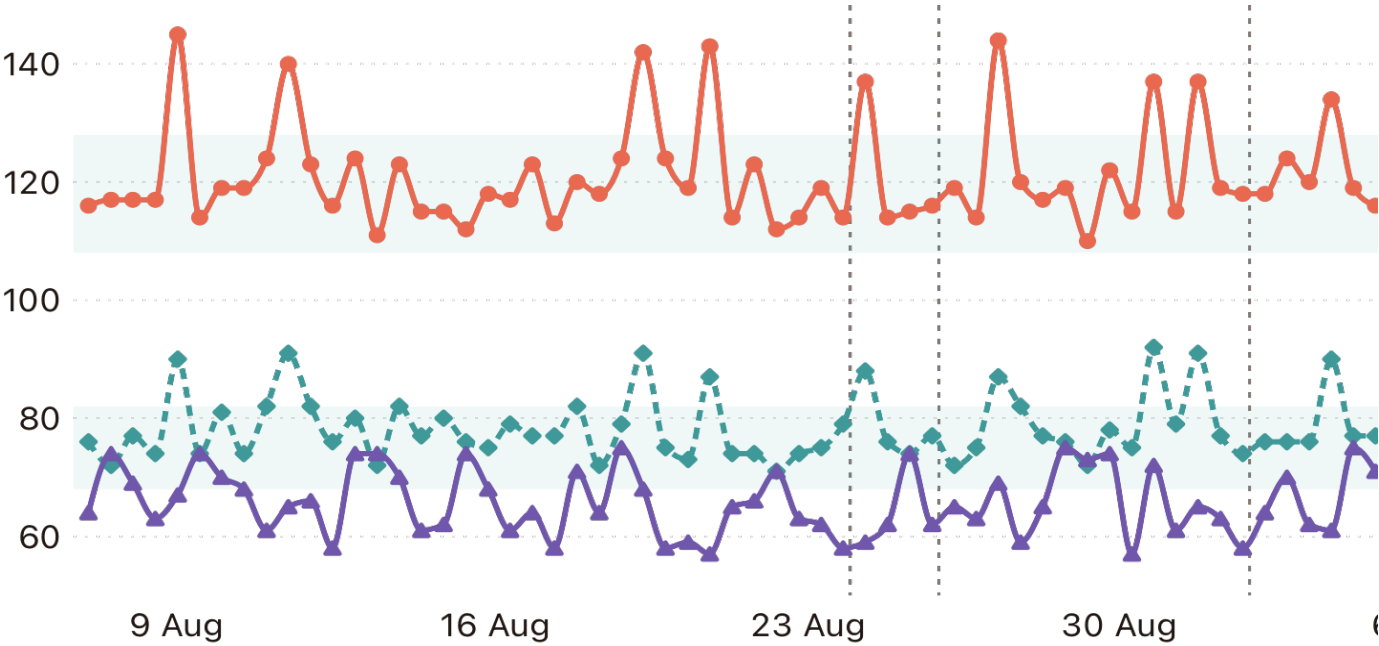
110 - 145

DIASTOLIC RANGE

71 - 92

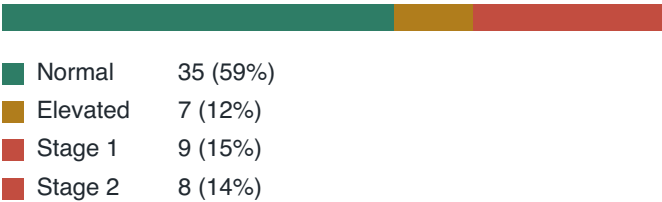
Target 108-128 / 68-82 mmHg · 9 of 59 above target range

Blood Pressure Trend



Overview

AHA DISTRIBUTION



AVERAGE BY TIME OF DAY

Morning	123 / 80
Evening	119 / 77

OBSERVATIONS

- Highest reading: 145/90 on Aug 10, 2026

Medications

MEDICATION	DOSAGE	FREQUENCY	DURATION
Atorvastatin	1 tablet	Once daily	Aug 25, 2026 - Present
Amlodipine	5 mg	Once daily	Jul 23, 2026 - Aug 25, 2026
Lisinopril	20 mg	Twice daily	Apr 9, 2026 - Present

Changes in this period

Aug 25, 2026 Atorvastatin · Started · 1 tablet
Aug 25, 2026 Amlodipine · Ended
Aug 27, 2026 Lisinopril · Dosage change · 20 mg
Sep 3, 2026 Lisinopril · Dosage change · 20 mg

Factor Correlations

FACTOR	CHANGE VS WITHOUT	READINGS
caffeine	+3 / +3 mmHg	30
exercised	-3 / -3 mmHg	22
salty meal	+5 / +3 mmHg	32

Mood & Blood Pressure

MOOD	AVG BP (MMHG)	COUNT
Great	117/75	4
Good	118/77	29
OK	122/79	21
Bad	141/90	5

Full Reading Log

DATE	TIME	SYS	DIA	HR	ARM	POSITION	MOOD	TAGS	NOTES
Aug 8, 2026	8:01 AM	116	76	64	Left	Sitting	Good	caffeine, salty meal	-

DATE	TIME	SYS	DIA	HR	ARM	POSITION	MOOD	TAGS	NOTES
Aug 8, 2026	8:15 PM	117	72	74	Left	Lying	Good	exercised, salty ...	-
Aug 9, 2026	8:00 AM	117	77	69	Left	Sitting	OK	caffeine	-
Aug 9, 2026	8:09 PM	117	74	63	Left	Lying	Good	-	-
Aug 10, 2026	8:16 AM	145	90	67	Left	Sitting	Bad	caffeine, salty meal	-
Aug 10, 2026	8:11 PM	114	74	74	Left	Lying	OK	exercised, salty ...	-
Aug 11, 2026	8:04 AM	119	81	70	Left	Sitting	Good	caffeine	-
Aug 11, 2026	8:03 PM	119	74	68	Left	Lying	OK	exercised	-
Aug 12, 2026	8:19 AM	124	82	61	Left	Sitting	OK	caffeine, salty meal	-
Aug 12, 2026	8:06 PM	140	91	65	Left	Lying	Bad	exercised, salty ...	-
Aug 13, 2026	8:12 AM	123	82	66	Left	Sitting	OK	caffeine	-
Aug 13, 2026	8:00 PM	116	76	58	Left	Lying	Good	-	-
Aug 14, 2026	8:12 AM	124	80	74	Left	Sitting	Good	caffeine, salty meal	-
Aug 14, 2026	8:08 PM	111	72	74	Left	Lying	Good	exercised, salty ...	-
Aug 15, 2026	8:09 AM	123	82	70	Left	Sitting	Good	caffeine	-
Aug 15, 2026	8:00 PM	115	77	61	Left	Lying	OK	exercised	-
Aug 16, 2026	8:05 AM	115	80	62	Left	Sitting	Good	caffeine, salty meal	-
Aug 16, 2026	8:09 PM	112	76	74	Left	Lying	Good	exercised, salty ...	-
Aug 17, 2026	8:14 AM	118	75	68	Left	Sitting	Good	caffeine	-
Aug 17, 2026	8:01 PM	117	79	61	Left	Lying	OK	-	-
Aug 18, 2026	8:03 AM	123	77	64	Left	Sitting	Good	caffeine, salty meal	-
Aug 18, 2026	8:00 PM	113	77	58	Left	Lying	OK	exercised, salty ...	-
Aug 19, 2026	8:14 AM	120	82	71	Left	Sitting	Good	caffeine	-
Aug 19, 2026	8:16 PM	118	72	64	Left	Lying	OK	exercised	-
Aug 20, 2026	8:12 AM	124	79	75	Left	Sitting	Good	caffeine, salty meal	-
Aug 20, 2026	8:01 PM	142	91	68	Left	Lying	Bad	exercised, salty ...	-
Aug 21, 2026	8:04 AM	124	75	58	Left	Sitting	OK	caffeine	-
Aug 21, 2026	8:19 PM	119	73	59	Left	Lying	Great	-	-

DATE	TIME	SYS	DIA	HR	ARM	POSITION	MOOD	TAGS	NOTES
Aug 22, 2026	8:01 AM	143	87	57	Left	Sitting	Bad	caffeine, salty meal	-
Aug 22, 2026	8:08 PM	114	74	65	Left	Lying	Great	exercised, salty ...	-
Aug 23, 2026	8:03 AM	123	74	66	Left	Sitting	Good	caffeine	-
Aug 23, 2026	8:07 PM	112	71	71	Left	Lying	OK	exercised	-
Aug 24, 2026	8:18 AM	114	74	63	Left	Sitting	OK	caffeine, salty meal	-
Aug 24, 2026	8:17 PM	119	75	62	Left	Lying	Good	exercised, salty ...	-
Aug 25, 2026	8:07 AM	114	79	58	Left	Sitting	Good	caffeine	-
Aug 25, 2026	8:07 PM	137	88	59	Left	Lying	OK	salty meal	-
Aug 26, 2026	8:12 AM	114	76	62	Left	Sitting	OK	caffeine, salty meal	-
Aug 26, 2026	8:07 PM	115	74	74	Left	Lying	Good	exercised, salty ...	-
Aug 27, 2026	8:19 AM	116	77	62	Left	Sitting	Great	caffeine	-
Aug 27, 2026	8:18 PM	119	72	65	Left	Lying	Good	exercised	-
Aug 28, 2026	8:07 AM	114	75	63	Left	Sitting	Good	caffeine, salty meal	-
Aug 28, 2026	8:02 PM	144	87	69	Left	Lying	OK	exercised, salty ...	Forgot evening dose
Aug 29, 2026	8:07 AM	120	82	59	Left	Sitting	Good	caffeine	-
Aug 29, 2026	8:05 PM	117	77	65	Left	Lying	Good	-	-
Aug 30, 2026	8:18 AM	119	76	75	Left	Sitting	OK	caffeine, salty meal	-
Aug 30, 2026	8:18 PM	110	72	73	Left	Lying	Good	exercised, salty ...	-
Aug 31, 2026	8:18 AM	122	78	74	Left	Sitting	OK	caffeine	-
Aug 31, 2026	8:20 PM	115	75	57	Left	Lying	Good	exercised	-
Sep 1, 2026	8:07 AM	137	92	72	Left	Sitting	OK	caffeine, salty meal	After a salty dinner
Sep 1, 2026	8:09 PM	115	79	61	Left	Lying	Good	exercised, salty ...	-
Sep 2, 2026	8:04 AM	137	91	65	Left	Sitting	OK	caffeine, salty meal	Slept poorly
Sep 2, 2026	8:16 PM	119	77	63	Left	Lying	Good	-	-
Sep 3, 2026	8:18 AM	118	74	58	Left	Sitting	OK	caffeine, salty meal	-
Sep 3, 2026	8:14 PM	118	76	64	Left	Lying	Great	exercised, salty ...	-
Sep 4, 2026	8:09 AM	124	76	70	Left	Sitting	Good	caffeine	-

DATE	TIME	SYS	DIA	HR	ARM	POSITION	MOOD	TAGS	NOTES
Sep 4, 2026	8:14 PM	120	76	62	Left	Lying	Good	exercised	-
Sep 5, 2026	8:11 AM	134	90	61	Left	Sitting	Bad	caffeine, salty meal	Stressful day at work
Sep 5, 2026	8:08 PM	119	77	75	Left	Lying	OK	exercised, salty ...	-
Sep 6, 2026	8:02 AM	116	77	71	Left	Sitting	Good	caffeine	-