Sample data — fictional readings, not a patient record

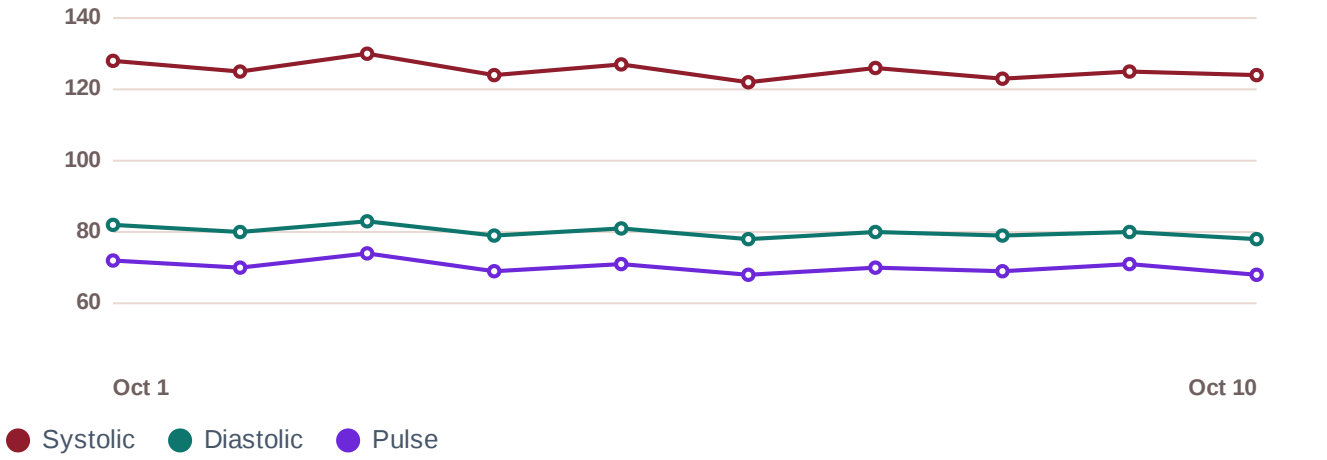
Blood Pressure Reading Report

Created with **Blood Pressure Tracker in CWS**

You can also use **Blood Pressure Tracker Bot in Telegram**

Generated: Oct 10, 2026, 06:00 PM
Range: Oct 01, 2026 – Oct 10, 2026

Blood pressure chart



Summary

Readings	Avg systolic	Avg diastolic	Avg pulse
10	**125**	**80**	**70**

Readings

Measured At	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Note
Oct 10, 2026, 08:00 AM	124	78	68	Seated, after five minutes of rest.
Oct 09, 2026, 08:00 AM	125	80	71	
Oct 08, 2026, 08:00 AM	123	79	69	

Sample data — fictional readings, not a patient record

Measured At	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	Note
Oct 07, 2026, 08:00 AM	126	80	70	
Oct 06, 2026, 08:00 AM	122	78	68	
Oct 05, 2026, 08:00 AM	127	81	71	
Oct 04, 2026, 08:00 AM	124	79	69	
Oct 03, 2026, 08:00 AM	130	83	74	
Oct 02, 2026, 08:00 AM	125	80	70	
Oct 01, 2026, 08:00 AM	128	82	72	Morning reading

This report is for personal tracking and conversation with a qualified clinician. It does not provide medical advice, diagnosis, or treatment recommendations.