Almist
Your health records

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Blood pressure and pulse overview

10/1/25 – 9/30/26 · generated Oct 13, 2026

Jane Doe

Age 42 · female
Height 168 cm · weight 67 kg

PERSONAL GOAL
120/80
mmHg

Period at a glance

Average pressure
121/78
Records: 607 · mmHg

Average pulse
69
bpm · for the period

Lowest systolic
110
mmHg · 4/27/26 · 20:20

Highest systolic
143
mmHg · 10/5/25 · 08:10

Lowest diastolic
72
mmHg · 4/19/26 · 20:20

Highest diastolic
90
mmHg · 10/5/25 · 08:10

Morning (before 14:00)
123/79
Records: 318

Evening (from 14:00)
119/77
Records: 289

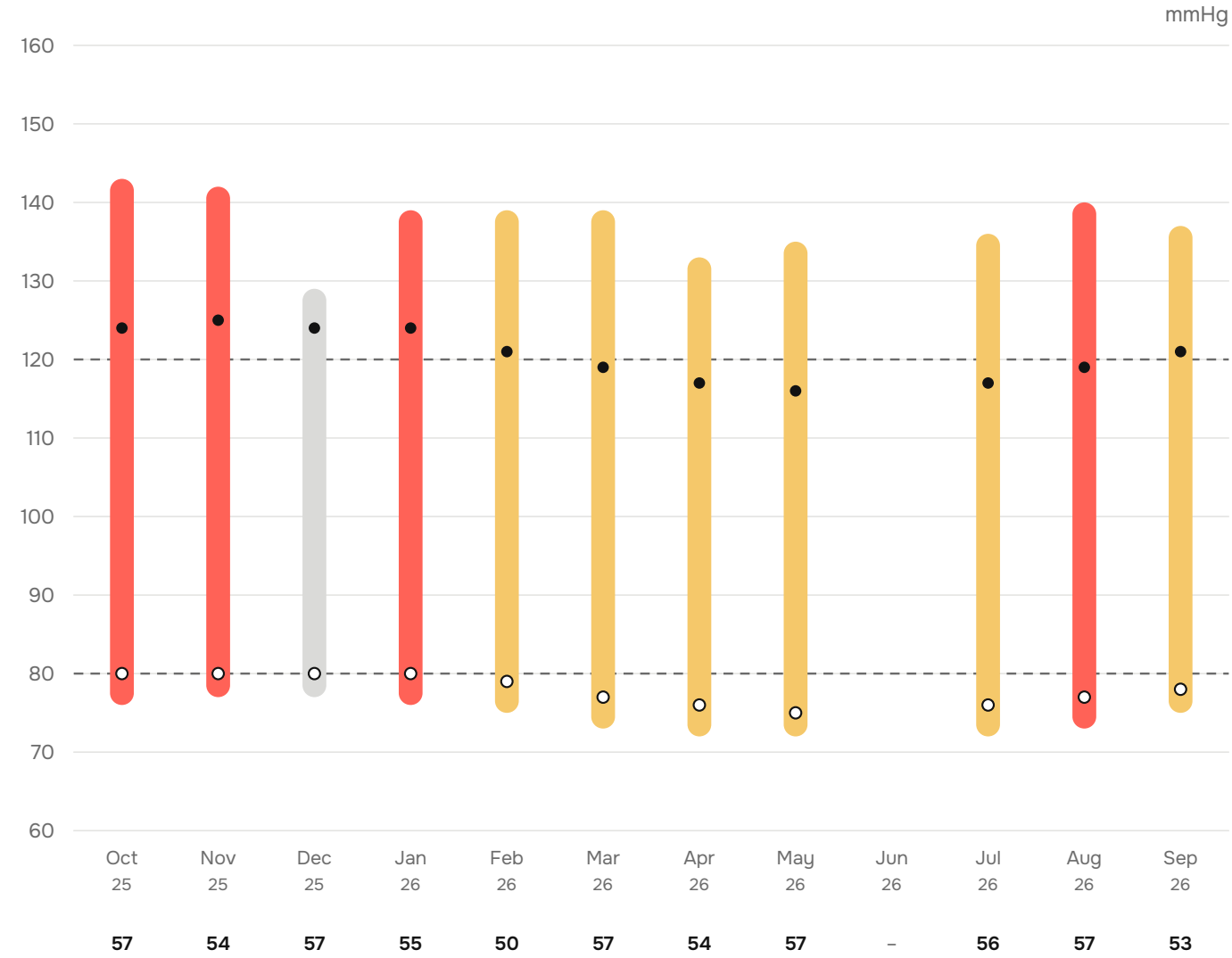
Days within personal goal 120/80
158 of 318 — 50%

Records: 607 · days with readings: 318 · without readings: 47

The app is not a medical device and does not diagnose. Statuses follow clinical guideline thresholds (ESC/ESH); the goal does not change the status; this is not a diagnosis. For treatment questions, consult a doctor.

Blood pressure over the period

Bar — from the lowest diastolic to the highest systolic in the group; dots — average systolic and average diastolic.



Number of readings in the group; "–" means no readings.

Normal · Elevated · High · average systolic · average diastolic · personal goal 120/80

Bar colour is the highest status among the group's readings by general thresholds, as in the app's Statistics. This is not a diagnosis.

Horizontal axis — months.

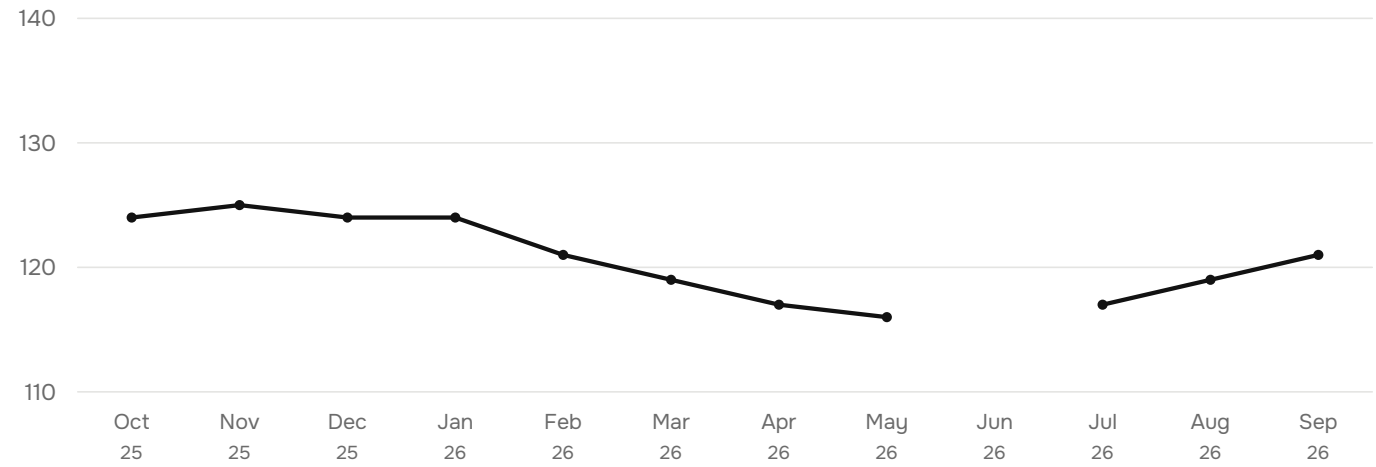
Groups without readings stay empty and are never replaced with zeros.

Pressure dynamics

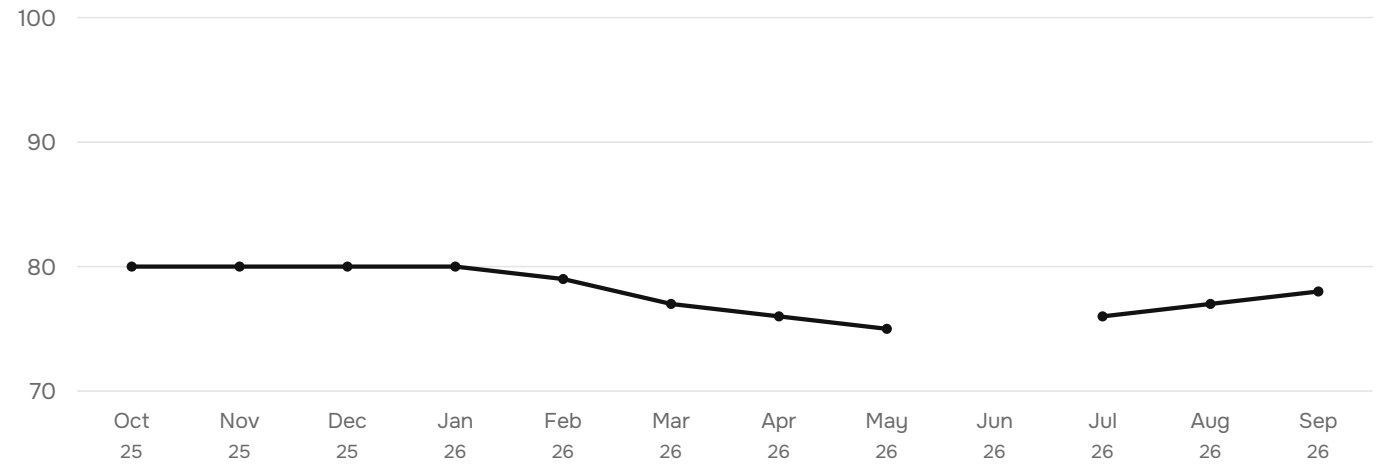
Table — averages of the first and last month with records; charts — group averages for the whole period.

Measure	October 2025	September 2026	Change
Systolic, mmHg	124	**121**	**−3**
Diastolic, mmHg	80	**78**	**−2**
Pulse, bpm	72	**70**	**−2**

Systolic pressure



Diastolic pressure



Horizontal axis — months. Groups without readings stay empty and are never replaced with zeros.

The change describes your records and is not an assessment of treatment.

Pulse dynamics

Average pulse for the period and by group.

Average pulse

69

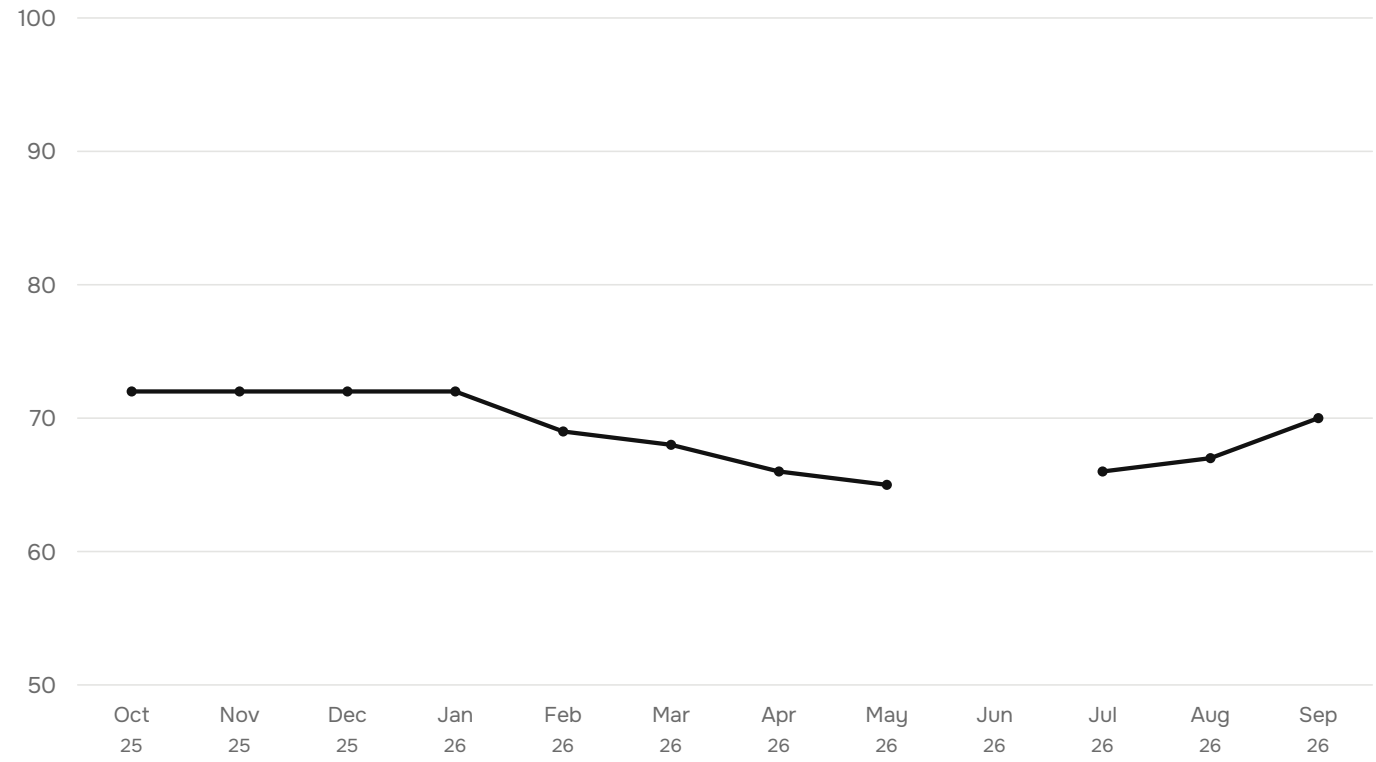
Records with pulse: 607

Pulse range

59–78

bpm · individual readings

Average pulse



The period average uses all records with pulse; chart points are group averages.

Horizontal axis — months.

Groups without readings stay empty and are never replaced with zeros.

The change describes your records and is not an assessment of treatment.

Period indicators

Shares of days for the whole period and monthly averages.

Days within personal goal

50%

158 of 318 days with readings



Days measured morning and evening

79%

289 of 365 observed days



Monthly averages

Month	Average BP	Average pulse	Days measured	Days within personal goal
October 2025	**124/80**	72	30/31	3 of 30 (10%)
November 2025	**125/80**	72	28/30	0 of 28 (0%)
December 2025	**124/80**	72	30/31	0 of 30 (0%)
January 2026	**124/80**	72	29/31	2 of 29 (7%)
February 2026	**121/79**	69	26/28	11 of 26 (42%)
March 2026	**119/77**	68	30/31	23 of 30 (77%)
April 2026	**117/76**	66	28/30	26 of 28 (93%)
May 2026	**116/75**	65	30/31	29 of 30 (97%)
June 2026	—	—	0/30	No data
July 2026	**117/76**	66	29/31	27 of 29 (93%)
August 2026	**119/77**	67	30/31	23 of 30 (77%)
September 2026	**121/78**	70	28/30	14 of 28 (50%)

Blood pressure — mmHg, pulse — bpm.

Morning — at least one reading before 12:00, evening — at least one from 17:00. The share is based on observed days in the period, starting from the first record.

A day is within goal when its average does not exceed the personal goal. Days without readings are not counted.