Almist
Your health records

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Blood pressure report

9/1/26 – 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
128/81
Records: 56 · mmHg

Average pulse
68
bpm · for the period

Lowest systolic
113
mmHg · 9/29/26 · 08:00

Highest systolic
144
mmHg · 9/4/26 · 19:00

Lowest diastolic
71
mmHg · 9/19/26 · 08:00

Highest diastolic
91
mmHg · 9/15/26 · 19:00

Records: 56 · days with readings: 30 · without readings: 0

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.

All records

Records 1–30 of 56

Date	Time	Pressure	Pulse	Status	Tags and notes
9/1/26	08:00	**120/76**	62	Normal	sitting
	19:00	**123/78**	65	Normal	sitting
9/2/26	08:00	**127/81**	63	Normal	sitting
	19:00	**130/83**	66	Elevated	sitting
9/3/26	08:00	**134/86**	64	Elevated	sitting
	19:00	**137/88**	67	Elevated	sitting
9/4/26	08:00	**141/72**	65	High	sitting
	19:00	**144/74**	68	High	sitting
9/5/26	08:00	**119/77**	66	Normal	sitting
	19:00	**122/79**	69	Normal	sitting
9/6/26	08:00	**126/82**	67	Normal	sitting
9/7/26	08:00	**133/87**	68	Elevated	sitting
	19:00	**136/89**	71	Elevated	sitting
9/8/26	08:00	**140/73**	69	High	sitting
	19:00	**143/75**	72	High	sitting
9/9/26	08:00	**118/78**	70	Normal	sitting
	19:00	**121/80**	73	Normal	sitting
9/10/26	08:00	**125/83**	71	Normal	sitting
	19:00	**128/85**	74	Elevated	sitting
9/11/26	08:00	**132/88**	72	Elevated	sitting
	19:00	**135/90**	75	High	sitting
9/12/26	08:00	**139/74**	73	Elevated	sitting
	19:00	**142/76**	64	High	sitting
9/13/26	08:00	**117/79**	61	Normal	sitting
9/14/26	08:00	**124/84**	62	Normal	sitting
	19:00	**127/86**	66	Elevated	sitting
9/15/26	08:00	**131/89**	63	Elevated	sitting
	19:00	**134/91**	67	High	sitting
9/16/26	08:00	**138/75**	64	Elevated	sitting
	19:00	**141/77**	68	High	sitting

Blood pressure — mmHg, pulse — bpm. “Within goal” — an elevated value within the personal goal; the dot colour shows the general status.

All records

Records 31–56 of 56

Date	Time	Pressure	Pulse	Status	Tags and notes
9/17/26	08:00	**116/80**	65	Normal	sitting
	19:00	**119/82**	69	Normal	sitting
9/18/26	08:00	**123/85**	66	Elevated	sitting
	19:00	**126/87**	70	Elevated	sitting
9/19/26	08:00	**130/71**	67	Elevated	sitting
	19:00	**133/73**	71	Elevated	sitting
9/20/26	08:00	**137/76**	68	Elevated	sitting
9/21/26	08:00	**115/81**	69	Normal	sitting
	19:00	**118/83**	73	Normal	sitting
9/22/26	08:00	**122/86**	70	Elevated	sitting
	19:00	**125/88**	74	Elevated	sitting
9/23/26	08:00	**129/72**	71	Normal	sitting
	19:00	**132/74**	75	Elevated	sitting
9/24/26	08:00	**136/77**	72	Elevated	sitting
	19:00	**139/79**	64	Elevated	sitting
9/25/26	08:00	**114/82**	73	Normal	sitting
	19:00	**117/84**	65	Normal	sitting
9/26/26	08:00	**121/87**	61	Elevated	sitting
	19:00	**124/89**	66	Elevated	sitting
9/27/26	08:00	**128/73**	62	Normal	sitting
9/28/26	08:00	**135/78**	63	Elevated	sitting
	19:00	**138/80**	68	Elevated	sitting
9/29/26	08:00	**113/83**	64	Normal	sitting
	19:00	**116/85**	69	Elevated	sitting
9/30/26	08:00	**120/88**	65	Elevated	sitting
	19:00	**123/90**	70	High	sitting

Blood pressure — mmHg, pulse — bpm. “Within goal” — an elevated value within the personal goal; the dot colour shows the general status.