

Bret Blackford

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	BP	Symptoms	Consumed	Notes
6-Jul-2024	12:25 pm	116	69	51	116/69	-	-	-
6-Jul-2024	9:19 am	96	62	64	96/62	-	-	-
6-Jul-2024	9:18 am	101	65	66	101/65	-	-	-
5-Jul-2024	2:01 pm	118	72	58	118/72	-	-	-
4-Jul-2024	7:08 pm	128	68	67	128/68	-	-	-
4-Jul-2024	7:05 pm	130	69	63	130/69	-	-	-
4-Jul-2024	1:20 pm	100	65	60	100/65	-	-	-
4-Jul-2024	1:08 pm	91	61	73	91/61	-	-	-
4-Jul-2024	1:07 pm	85	59	69	85/59	-	-	-
1-Jul-2024	10:14 am	116	73	78	116/73	-	-	-
30-Jun-2024	9:03 am	122	70	53	122/70	-	-	-
29-Jun-2024	7:08 am	121	78	59	121/78	-	-	-
27-Jun-2024	7:00 pm	109	65	68	109/65	-	-	-
27-Jun-2024	5:40 am	113	69	52	113/69	-	-	-
26-Jun-2024	8:55 pm	120	70	54	120/70	-	-	-
26-Jun-2024	5:38 am	111	69	52	111/69	-	-	-
25-Jun-2024	5:54 am	118	74	51	118/74	-	-	-
24-Jun-2024	8:15 am	118	71	57	118/71	-	-	-
22-Jun-2024	8:50 pm	120	67	63	120/67	-	-	-
15-Jun-2024	11:19 am	109	71	54	109/71	-	-	-
27-May-2024	12:12 pm	110	64	60	110/64	-	-	-
20-May-2024	10:54 am	118	71	63	118/71	-	-	-
20-May-2024	6:33 am	117	73	59	117/73	-	-	-
19-May-2024	5:11 pm	125	69	60	125/69	-	-	-
18-May-2024	2:51 pm	113	67	66	113/67	-	-	-
4-May-2024	12:33 pm	116	66	57	116/66	-	-	-
4-May-2024	9:20 am	106	67	58	106/67	-	-	-
27-Apr-2024	9:22 am	104	68	63	104/68	-	-	-
27-Apr-2024	6:48 am	125	76	50	125/76	-	-	-
21-Apr-2024	7:36 am	126	72	56	126/72	-	-	-
20-Apr-2024	11:15 am	112	69	54	112/69	-	-	-
13-Apr-2024	9:47 am	109	68	60	109/68	-	-	-
6-Apr-2024	10:45 am	111	69	57	111/69	-	-	-
6-Apr-2024	10:06 am	104	66	59	104/66	-	-	-
1-Apr-2024	12:39 pm	100	64	61	100/64	-	-	-
30-Mar-2024	12:24 pm	105	63	59	105/63	-	-	-
16-Mar-2024	2:56 pm	109	70	66	109/70	-	-	-
11-Mar-2024	11:26 am	102	66	66	102/66	-	-	-
11-Mar-2024	9:31 am	126	72	54	126/72	-	-	-
2-Mar-2024	9:13 am	110	69	59	110/69	-	-	-
24-Feb-2024	4:18 pm	117	63	58	117/63	-	-	-
10-Feb-2024	12:15 pm	102	68	64	102/68	-	-	-

Date	Time	Systolic (mmHg)	Diastolic (mmHg)	Pulse (bpm)	BP	Symptoms	Consumed	Notes
3-Feb-2024	9:35 am	102	71	63	102/71	-	-	-
31-Jan-2024	5:39 am	116	72	57	116/72	-	-	-
30-Jan-2024	5:55 am	119	70	59	119/70	-	-	-
29-Jan-2024	5:38 am	117	72	61	117/72	-	-	-
28-Jan-2024	6:55 am	114	70	56	114/70	-	-	-
27-Jan-2024	9:22 am	103	72	58	103/72	-	-	-
27-Jan-2024	6:52 am	133	75	58	133/75	-	-	-
26-Jan-2024	6:11 am	112	70	59	112/70	-	-	-
25-Jan-2024	5:23 am	103	70	64	103/70	-	-	-
24-Jan-2024	5:47 am	120	76	64	120/76	-	-	-
23-Jan-2024	5:46 am	123	76	56	123/76	-	-	-
22-Jan-2024	6:37 am	120	73	50	120/73	-	-	-
21-Jan-2024	7:04 am	120	73	48	120/73	-	-	-
20-Jan-2024	6:18 am	127	71	59	127/71	-	-	-
19-Jan-2024	5:59 am	112	74	59	112/74	-	-	-
18-Jan-2024	5:58 am	109	72	57	109/72	-	-	-
17-Jan-2024	6:04 am	124	78	51	124/78	-	-	-
16-Jan-2024	5:22 am	111	67	54	111/67	-	-	-
15-Jan-2024	6:01 am	121	78	56	121/78	-	-	-
14-Jan-2024	6:12 am	126	79	54	126/79	-	-	-
13-Jan-2024	8:03 pm	135	72	66	135/72	-	-	-
13-Jan-2024	3:11 pm	122	74	51	122/74	-	-	-
13-Jan-2024	6:16 am	113	74	52	113/74	-	-	-
12-Jan-2024	6:04 am	114	74	56	114/74	-	-	-
11-Jan-2024	5:47 am	119	70	55	119/70	-	-	-
10-Jan-2024	5:37 am	120	72	57	120/72	-	-	-
9-Jan-2024	5:18 am	113	72	61	113/72	-	-	-
8-Jan-2024	5:47 am	126	76	58	126/76	-	-	-
7-Jan-2024	7:54 am	120	73	52	120/73	-	-	-
6-Jan-2024	9:35 am	106	67	54	106/67	-	-	After 5k race
6-Jan-2024	6:35 am	117	70	53	117/70	-	-	-
5-Jan-2024	5:57 am	117	73	58	117/73	-	-	-
4-Jan-2024	4:17 pm	138	77	54	138/77	-	-	-
3-Jan-2024	5:36 am	127	81	54	127/81	-	-	-