

ID: Jordan Avery

Gender: Male

Height: 177.8 cm

Date Range: 26 July, 2026 - 25 August, 2026

Avg Systolic

↓ 16 mmHg

now 119 · was 135

Avg Diastolic

↓ 11 mmHg

now 77 · was 87

BP Category

Now "Normal"

improved from Stage 1

Resting Pulse

71 bpm

period average

Measurements

57 readings

on 30 of 30 days

Change Over Period Jul 27 → Aug 25

	Jul 27	Aug 25	Change
Systolic (mmHg)	135	119	↓ 16
Diastolic (mmHg)	87	77	↓ 11
Pulse (bpm)	74	69	↓ 4
BP Category	Stage 1	Normal	improved

Blood Pressure Category

Normal

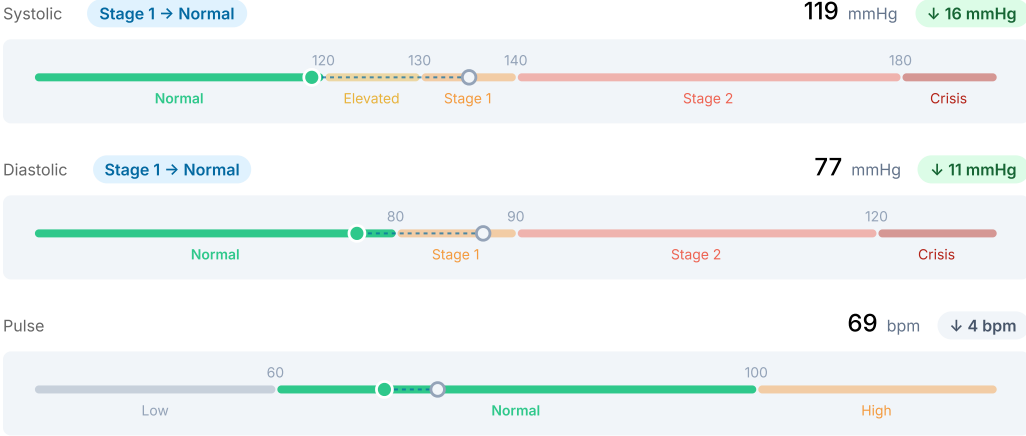
119 / 77 mmHg avg

↗ improved from Stage 1 Hypertension

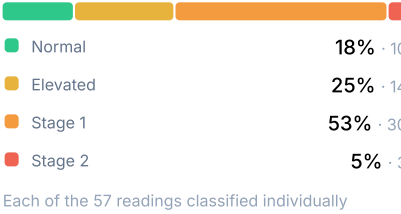
Normal Elevated Stage 1 Stage 2 Crisis

Based on the latest 7-day average. The higher of systolic / diastolic determines the category.

Blood Pressure Analysis latest value · ○ start of period · AHA/ACC 2017 categories



Reading Distribution



Measurements

Days measured 30

Frequency every ~1.0 days

Jul 27 → Aug 25, one dot per day

Morning vs Evening

Morning 4am–12pm · 30 readings

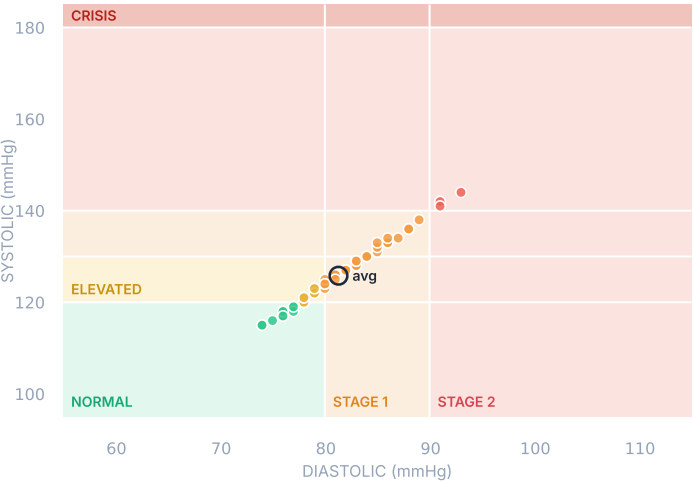
125/80 mmHg

Evening 4pm–12am · 27 readings

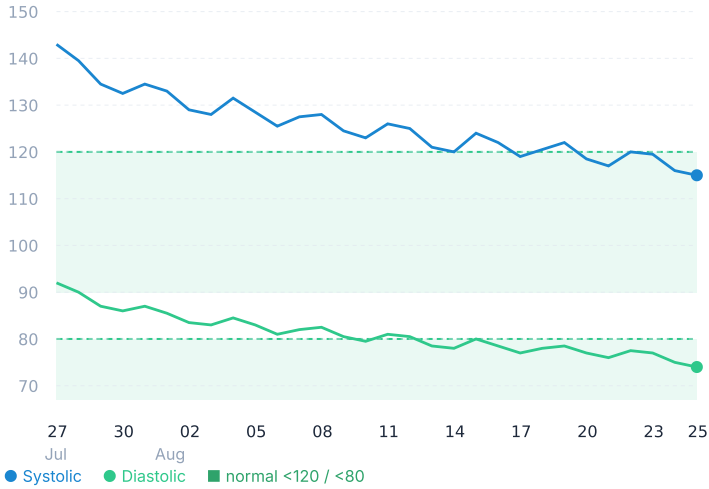
127/82 mmHg

Evening readings run ~3 mmHg higher — worth sharing with your physician.

Classification Map each dot = one reading



Trend daily averages



Date	Time	SYS mmHg	DIA mmHg	Pulse bpm	Category	Notes
25 August, 2026	08:10 AM	115	74	66	Normal	
24 August, 2026	07:40 PM	117	76	69	Normal	
24 August, 2026	08:10 AM	115	74	66	Normal	
23 August, 2026	07:40 PM	121	78	72	Elevated	
23 August, 2026	08:10 AM	118	76	69	Normal	
22 August, 2026	07:40 PM	121	78	71	Elevated	
22 August, 2026	08:10 AM	119	77	68	Normal	
21 August, 2026	07:40 PM	118	77	69	Normal	
21 August, 2026	08:10 AM	116	75	66	Normal	
20 August, 2026	07:40 PM	120	78	70	Elevated	
20 August, 2026	08:10 AM	117	76	67	Normal	
19 August, 2026	07:40 PM	123	79	73	Elevated	
19 August, 2026	08:10 AM	121	78	70	Elevated	
18 August, 2026	07:40 PM	122	79	71	Elevated	
18 August, 2026	08:10 AM	119	77	68	Normal	
17 August, 2026	07:40 PM	120	78	69	Elevated	
17 August, 2026	08:10 AM	118	76	66	Normal	
16 August, 2026	07:40 PM	123	79	71	Elevated	
16 August, 2026	08:10 AM	121	78	68	Elevated	
15 August, 2026	07:40 PM	125	81	73	Stage 1	
15 August, 2026	08:10 AM	123	79	70	Elevated	
14 August, 2026	08:10 AM	120	78	68	Elevated	
13 August, 2026	07:40 PM	122	79	70	Elevated	
13 August, 2026	08:10 AM	120	78	67	Elevated	
12 August, 2026	07:40 PM	126	81	73	Stage 1	
12 August, 2026	08:10 AM	124	80	70	Stage 1	
11 August, 2026	07:40 PM	127	82	73	Stage 1	
11 August, 2026	08:10 AM	125	80	70	Stage 1	
10 August, 2026	07:40 PM	124	80	71	Stage 1	
10 August, 2026	08:10 AM	122	79	68	Elevated	
09 August, 2026	07:40 PM	126	81	71	Stage 1	
09 August, 2026	08:10 AM	123	80	68	Stage 1	
08 August, 2026	07:40 PM	129	83	74	Stage 1	
08 August, 2026	08:10 AM	127	82	71	Stage 1	
07 August, 2026	07:40 PM	129	83	73	Stage 1	
07 August, 2026	08:10 AM	126	81	70	Stage 1	
06 August, 2026	07:40 PM	127	82	71	Stage 1	
06 August, 2026	08:10 AM	124	80	68	Stage 1	
05 August, 2026	07:40 PM	130	84	73	Stage 1	
05 August, 2026	08:10 AM	127	82	70	Stage 1	
04 August, 2026	07:40 PM	133	85	75	Stage 1	
04 August, 2026	08:10 AM	130	84	72	Stage 1	
03 August, 2026	08:10 AM	128	83	70	Stage 1	
02 August, 2026	07:40 PM	130	84	72	Stage 1	
02 August, 2026	08:10 AM	128	83	69	Stage 1	
01 August, 2026	07:40 PM	134	86	75	Stage 1	
01 August, 2026	08:10 AM	132	85	72	Stage 1	
31 July, 2026	07:40 PM	136	88	76	Stage 1	
31 July, 2026	08:10 AM	133	86	73	Stage 1	
30 July, 2026	07:40 PM	134	87	73	Stage 1	
30 July, 2026	08:10 AM	131	85	70	Stage 1	

29 July, 2026	07:40 PM	136	88	74	— Stage 1 —
29 July, 2026	08:10 AM	133	86	71	— Stage 1 —
28 July, 2026	07:40 PM	141	91	77	— Stage 2 —
28 July, 2026	08:10 AM	138	89	74	— Stage 1 —
27 July, 2026	07:40 PM	144	93	78	— Stage 2 —
27 July, 2026	08:10 AM	142	91	75	— Stage 2 —

Categories follow the 2017 AHA/ACC guideline. This report is for informational purposes and is not a medical diagnosis — share it with your physician.