

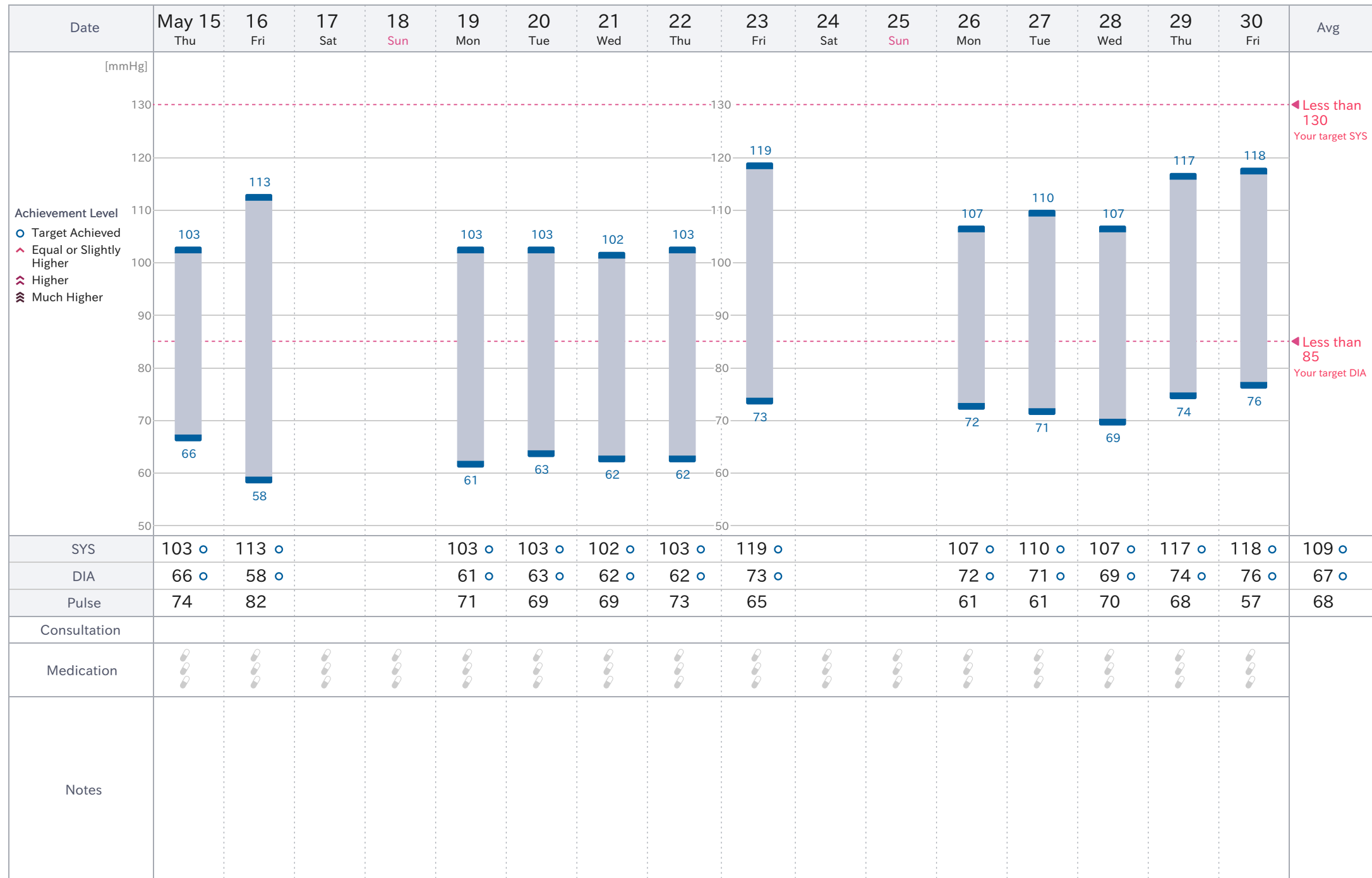
| Date                                                                                                                                                                                                                                                                                                                                                                             |       | May 15                                                                                                                                                                                                                                                                                                                    | 16                                  | 17                                  | 18                                  | 19                                  | 20                                  | 21                                  | 22                                  | 23                                  | 24                                  | 25                                  | 26                                  | 27                                  | 28                                  | 29                                  | 30                                  | Avg   |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-------|
|                                                                                                                                                                                                                                                                                                                                                                                  |       | Thu                                                                                                                                                                                                                                                                                                                       | Fri                                 | Sat                                 | Sun                                 | Mon                                 | Tue                                 | Wed                                 | Thu                                 | Fri                                 | Sat                                 | Sun                                 | Mon                                 | Tue                                 | Wed                                 | Thu                                 | Fri                                 |       |
| <div>[mmHg]</div> <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>Achievement Level</div> <div>○ Target Achieved</div> <div>^ Equal or Slightly Higher</div> <div>^ Higher</div> <div>^ Much Higher</div> |       | <div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div><div></div></div> <div>◀ Less than 130<br/>Your target SYS</div> <div>◀ Less than 85<br/>Your target DIA</div> |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
|                                                                                                                                                                                                                                                                                                                                                                                  |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
|                                                                                                                                                                                                                                                                                                                                                                                  |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
|                                                                                                                                                                                                                                                                                                                                                                                  |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
|                                                                                                                                                                                                                                                                                                                                                                                  |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
| <div>☀</div>                                                                                                                                                                                                                                                                                                                                                                     | Time  | 10:36                                                                                                                                                                                                                                                                                                                     | 9:00                                |                                     |                                     | 10:26                               | 10:00                               | 6:08                                | 6:47                                | 7:04                                |                                     |                                     | 9:55                                | 8:41                                | 9:56                                | 7:34                                | 10:07                               | 🌞 Avg |
|                                                                                                                                                                                                                                                                                                                                                                                  | SYS   | 103 ○                                                                                                                                                                                                                                                                                                                     | 115 ○                               |                                     |                                     | 110 ○                               | 108 ○                               | 96 ○                                | 102 ○                               | 118 ○                               |                                     |                                     | 100 ○                               | 114 ○                               | 104 ○                               | 114 ○                               | 110 ○                               | 108 ○ |
|                                                                                                                                                                                                                                                                                                                                                                                  | DIA   | 62 ○                                                                                                                                                                                                                                                                                                                      | 65 ○                                |                                     |                                     | 63 ○                                | 68 ○                                | 52 ○                                | 60 ○                                | 73 ○                                |                                     |                                     | 67 ○                                | 71 ○                                | 64 ○                                | 73 ○                                | 69 ○                                | 66 ○  |
|                                                                                                                                                                                                                                                                                                                                                                                  | Pulse | 88                                                                                                                                                                                                                                                                                                                        | 75                                  |                                     |                                     | 78                                  | 65                                  | 69                                  | 84                                  | 61                                  |                                     |                                     | 68                                  | 57                                  | 67                                  | 65                                  | 51                                  | 69    |
| <div>🌙</div>                                                                                                                                                                                                                                                                                                                                                                     | Time  | 18:16                                                                                                                                                                                                                                                                                                                     | 17:36                               |                                     |                                     | 16:45                               | 0:15                                | 0:11                                |                                     | 18:15                               |                                     |                                     | 17:52                               | 18:01                               | 16:05                               | 18:38                               | 18:55                               | 🌙 Avg |
|                                                                                                                                                                                                                                                                                                                                                                                  | SYS   | 96 ○                                                                                                                                                                                                                                                                                                                      | 99 ○                                |                                     |                                     | 99 ○                                | 103 ○                               | 86 ○                                |                                     | 119 ○                               |                                     |                                     | 113 ○                               | 107 ○                               | 104 ○                               | 124 ○                               | 126 ○                               | 107 ○ |
|                                                                                                                                                                                                                                                                                                                                                                                  | DIA   | 58 ○                                                                                                                                                                                                                                                                                                                      | 60 ○                                |                                     |                                     | 63 ○                                | 56 ○                                | 48 ○                                |                                     | 73 ○                                |                                     |                                     | 77 ○                                | 69 ○                                | 67 ○                                | 77 ○                                | 83 ○                                | 66 ○  |
|                                                                                                                                                                                                                                                                                                                                                                                  | Pulse | 71                                                                                                                                                                                                                                                                                                                        | 69                                  |                                     |                                     | 73                                  | 75                                  | 79                                  |                                     | 68                                  |                                     |                                     | 54                                  | 64                                  | 58                                  | 51                                  | 62                                  | 66    |
| Consultation                                                                                                                                                                                                                                                                                                                                                                     |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |
| Medication                                                                                                                                                                                                                                                                                                                                                                       |       | <div></div> <div></div> <div></div>                                                                                                                                                                                                                                                                                       | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> | <div></div> <div></div> <div></div> |       |
| Notes                                                                                                                                                                                                                                                                                                                                                                            |       |                                                                                                                                                                                                                                                                                                                           |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |                                     |       |

| Date                                                                                              |       | May 31                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Jun 1 | 2     | 3     | 4     | 5     | 6     | 7   | 8   | 9     | 10  | 11    | 12    | 13    | 14  | 15  | Avg   |                                    |
|---------------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-------|-------|-------|-------|-------|-----|-----|-------|-----|-------|-------|-------|-----|-----|-------|------------------------------------|
|                                                                                                   |       | Sat                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | Sun   | Mon   | Tue   | Wed   | Thu   | Fri   | Sat | Sun | Mon   | Tue | Wed   | Thu   | Fri   | Sat | Sun |       |                                    |
| Achievement Level<br>○ Target Achieved<br>^ Equal or Slightly Higher<br>^ Higher<br>^ Much Higher |       | <div><div><div><div><div>100</div><div>58</div></div><div>90</div><div>109</div><div>68</div><div>57</div><div>99</div><div>98</div><div>61</div><div>59</div><div>92</div><div>64</div><div>101</div><div>68</div><div>66</div><div>66</div><div>115</div><div>65</div><div>102</div><div>65</div><div>63</div><div>101</div><div>63</div><div>125</div><div>75</div><div>115</div><div>74</div><div>120</div><div>70</div><div>110</div><div>60</div></div></div></div> |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       | ◀ Less than 130<br>Your target SYS |
|                                                                                                   |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       | ◀ Less than 85<br>Your target DIA  |
|                                                                                                   |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |
|                                                                                                   |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |
|                                                                                                   |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |
|                                                                                                   | Time  | 9:22                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |       | 9:24  | 10:08 | 10:36 | 10:11 | 9:38  |     |     | 9:38  |     |       | 9:52  | 9:00  |     |     | ☀ Avg |                                    |
|                                                                                                   | SYS   | 100 ○                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |       | 90 ○  | 99 ○  | 92 ○  | 100 ○ | 115 ○ |     |     | 101 ○ |     |       | 115 ○ | 110 ○ |     |     | 102 ○ |                                    |
|                                                                                                   | DIA   | 58 ○                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |       | 57 ○  | 59 ○  | 64 ○  | 66 ○  | 65 ○  |     |     | 63 ○  |     |       | 74 ○  | 60 ○  |     |     | 63 ○  |                                    |
|                                                                                                   | Pulse | 64                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |       | 81    | 64    | 73    | 67    | 62    |     |     | 74    |     |       | 59    | 70    |     |     | 68    |                                    |
|                                                                                                   | Time  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       | 18:55 | 17:53 | 18:05 | 18:51 | 18:28 |     |     |       |     | 20:40 | 20:30 |       |     |     | 🌙 Avg |                                    |
|                                                                                                   | SYS   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       | 109 ○ | 98 ○  | 101 ○ | 99 ○  | 102 ○ |     |     |       |     | 125 ○ | 120 ○ |       |     |     | 108 ○ |                                    |
|                                                                                                   | DIA   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       | 68 ○  | 61 ○  | 68 ○  | 66 ○  | 65 ○  |     |     |       |     | 75 ○  | 70 ○  |       |     |     | 68 ○  |                                    |
|                                                                                                   | Pulse |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       | 64    | 65    | 64    | 60    | 70    |     |     |       |     | 85    | 80    |       |     |     | 70    |                                    |
| Consultation                                                                                      |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |
| Medication                                                                                        |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |
| Notes                                                                                             |       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |       |       |       |       |       |       |     |     |       |     |       |       |       |     |     |       |                                    |

| Date   |  | Jun 16<br>Mon | 17<br>Tue | 18<br>Wed | 19<br>Thu | 20<br>Fri | 21<br>Sat | 22<br>Sun | 23<br>Mon | 24<br>Tue | 25<br>Wed | 26<br>Thu | 27<br>Fri | 28<br>Sat | 29<br>Sun | 30<br>Mon |  | Avg |
|--------|--|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|--|-----|
| [mmHg] |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |
|        |  |               |           |           |           |           |           |           |           |           |           |           |           |           |           |           |  |     |

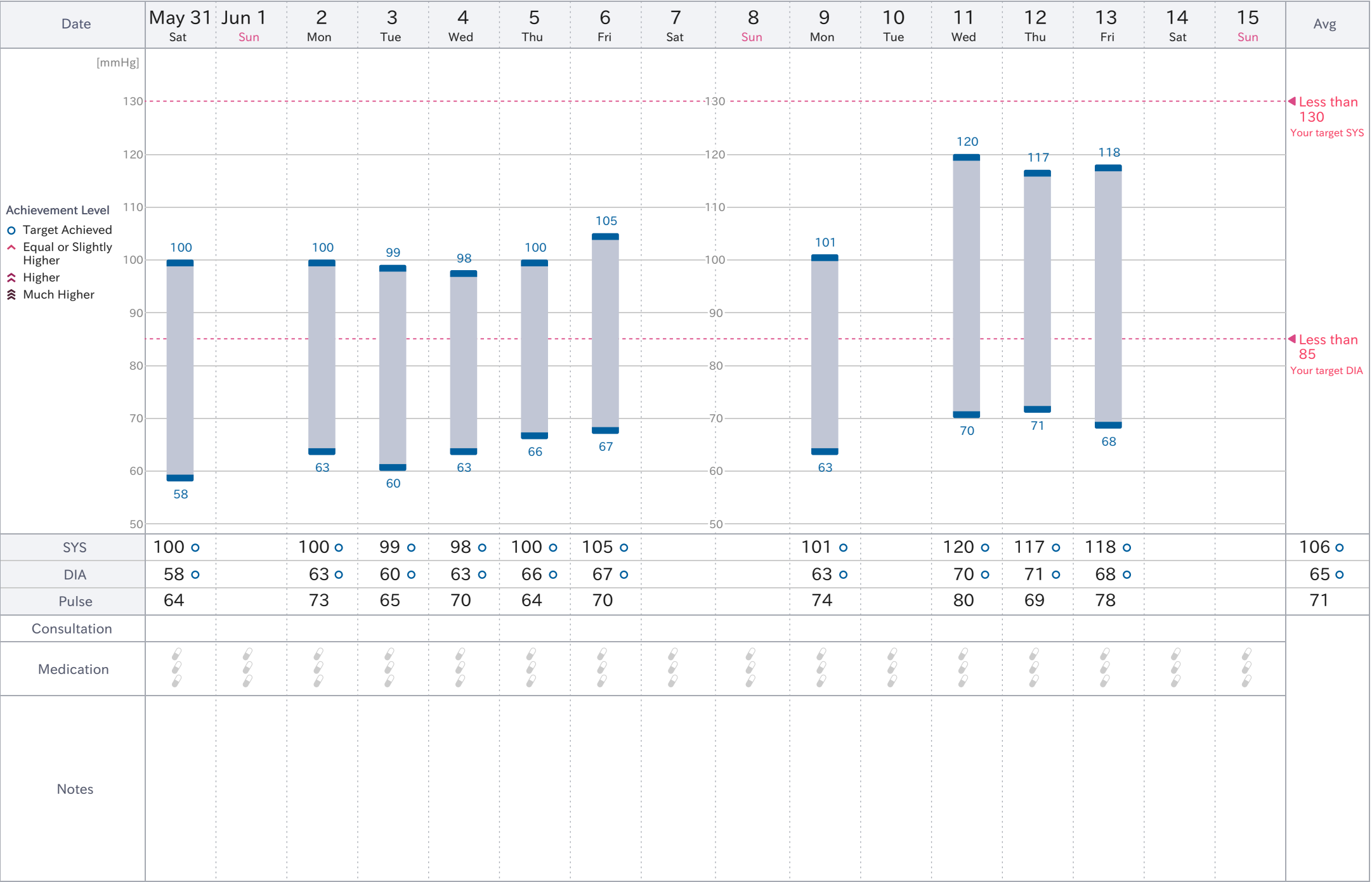
Blood Pressure Logbook (Daily Avg.) 15/5/2025 - 30/6/2025

Name:



Blood Pressure Logbook (Daily Avg.) 15/5/2025 - 30/6/2025

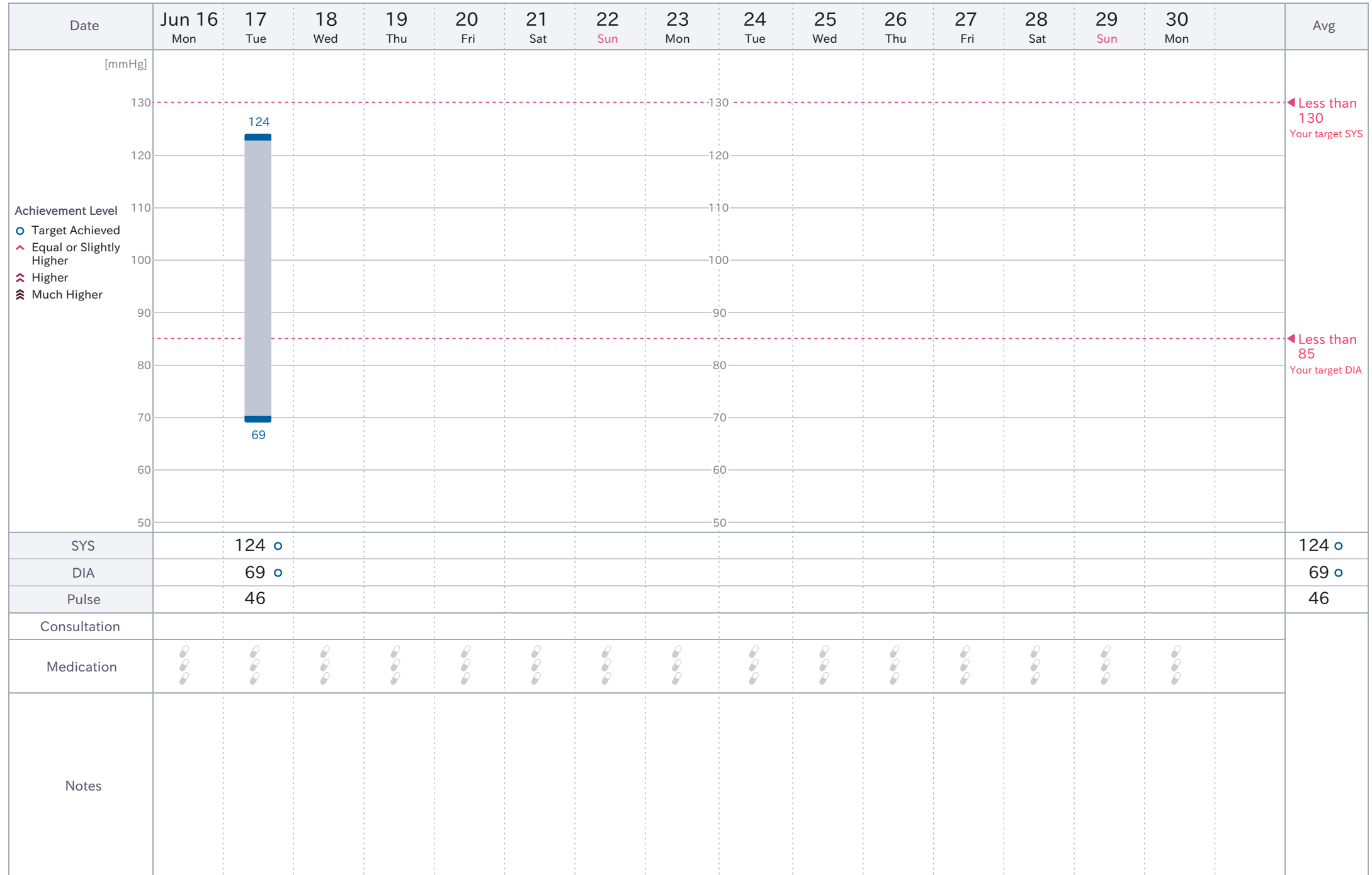
Name:



■ Daily Average ··· The average of all data measurement in a day.

## Blood Pressure Logbook (Daily Avg.) 15/5/2025 - 30/6/2025

Name:



# Blood Pressure Logbook (List) 15/5/2025 - 30/6/2025

Name:

## Weekly Average

[illegible]

## All Readings

| Detected Info (D.I.)                                                                                                                                                                                                                                                                                                                                                                |       |     |     |       | Memo Icon                                                                                                                                                                                                                                               |      |       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----|-----|-------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------|
| <p> <b>Measurement Error</b><br/>Appears when an error in Positioning Indicator, Cuff Wrap Guide, or Body Movement is detected during the measurement.</p> <p> <b>Irregular heartbeat</b><br/>An irregular rhythm was detected two or more times during a measurement.</p> <p> <b>Afib</b><br/>Appears when Possible AFib (Atrial Fibrillation) is detected during measurement.</p> |       |     |     |       | <p> Exercise</p> <p> Reducing Salt</p> <p> Vegetables</p> <p> No alcohol</p> <p> Sleep</p> <p> Not smoking</p> <p> Consultation</p> <p> Lack of Exercise</p> <p> Salt</p> <p> Less vegetables</p> <p> Alcohol</p> <p> Lack of sleep</p> <p> Smoking</p> |      |       |
| Date                                                                                                                                                                                                                                                                                                                                                                                | Time  | SYS | DIA | Pulse | D.I.                                                                                                                                                                                                                                                    | Med. | Notes |
| May 15 Thu                                                                                                                                                                                                                                                                                                                                                                          | 10:36 | 103 | 62  | 88    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 14:07 | 111 | 77  | 63    | •                                                                                                                                                                                                                                                       |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 18:16 | 96  | 58  | 71    | • •                                                                                                                                                                                                                                                     |      |       |
| May 16 Fri                                                                                                                                                                                                                                                                                                                                                                          | 9:00  | 110 | 60  | 70    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 9:05  | 120 | 70  | 80    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 10:01 | 101 | 57  | 85    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 17:10 | 130 | 55  | 88    | •                                                                                                                                                                                                                                                       |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 17:15 | 140 | 44  | 99    | •                                                                                                                                                                                                                                                       |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 17:36 | 99  | 60  | 69    | • •                                                                                                                                                                                                                                                     |      |       |
| May 19 Mon                                                                                                                                                                                                                                                                                                                                                                          | 10:26 | 110 | 63  | 78    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 14:28 | 103 | 59  | 61    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 15:07 | 99  | 59  | 69    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 15:51 | 100 | 54  | 71    | • •                                                                                                                                                                                                                                                     |      |       |
|                                                                                                                                                                                                                                                                                                                                                                                     | 16:45 | 99  | 63  | 73    | • •                                                                                                                                                                                                                                                     |      |       |

All Readings

Detected Info (D.I.)

ⓘ

Measurement Error

Appears when an error in Positioning Indicator, Cuff Wrap Guide, or Body Movement is detected during the measurement.

♡

Irregular heartbeat

An irregular rhythm was detected two or more times during a measurement.

⌘

Afib

Appears when Possible AFib (Atrial Fibrillation) is detected during measurement.

Memo Icon

🏃

Exercise

🧂

Reducing Salt

🥬

Vegetables

🚫

No alcohol

😴

Sleep

🚭

Not smoking

🏥

Consultation

🚫

Lack of Exercise

🧂

Salt

🥬

Less vegetables

🍷

Alcohol

😴

Lack of sleep

🚭

Smoking

| Date       | Time    | SYS                | DIA               | Pulse | D.I.                          | Med.           | Notes |
|------------|---------|--------------------|-------------------|-------|-------------------------------|----------------|-------|
| May 20 Tue | 🌅 10:00 | 108 <span>○</span> | 68 <span>○</span> | 65    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |
|            | 18:49   | 100 <span>○</span> | 63 <span>○</span> | 65    | <span>•</span> <span>•</span> |                |       |
|            | 22:35   | 100 <span>○</span> | 57 <span>○</span> | 72    | <span>•</span> <span>•</span> |                |       |
|            | 23:43   | 104 <span>○</span> | 62 <span>○</span> | 72    | <span>•</span> <span>•</span> |                |       |
| May 21 Wed | 🌙 0:15  | 103 <span>○</span> | 56 <span>○</span> | 75    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |
|            | 🌅 6:08  | 95 <span>○</span>  | 52 <span>○</span> | 67    | <span>•</span> <span>•</span> |                |       |
|            | 🌅 6:10  | 96 <span>○</span>  | 52 <span>○</span> | 71    | <span>•</span> <span>•</span> |                |       |
|            | 6:57    | 102 <span>○</span> | 61 <span>○</span> | 75    | <span>•</span> <span>•</span> |                |       |
|            | 7:06    | 104 <span>○</span> | 64 <span>○</span> | 71    | <span>•</span> <span>•</span> |                |       |
|            | 7:09    | 99 <span>○</span>  | 59 <span>○</span> | 70    | <span>•</span> <span>•</span> |                |       |
|            | 7:29    | 106 <span>○</span> | 71 <span>○</span> | 73    | <span>•</span> <span>•</span> |                |       |
|            | 8:58    | 111 <span>○</span> | 68 <span>○</span> | 83    | <span>•</span> <span>•</span> |                |       |
|            | 9:26    | 98 <span>○</span>  | 62 <span>○</span> | 63    | <span>•</span> <span>•</span> |                |       |
|            | 9:37    | 102 <span>○</span> | 64 <span>○</span> | 72    | <span>•</span> <span>•</span> |                |       |

| Date       | Time    | SYS                | DIA               | Pulse | D.I.                          | Med.           | Notes |
|------------|---------|--------------------|-------------------|-------|-------------------------------|----------------|-------|
| May 21 Wed | 10:33   | 97 <span>○</span>  | 55 <span>○</span> | 61    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |
|            | 11:12   | 103 <span>○</span> | 67 <span>○</span> | 66    | <span>•</span> <span>•</span> |                |       |
|            | 14:37   | 100 <span>○</span> | 59 <span>○</span> | 72    | <span>•</span> <span>•</span> |                |       |
|            | 14:54   | 106 <span>○</span> | 71 <span>○</span> | 54    | ⓘ <span>•</span>              |                |       |
|            | 15:04   | 95 <span>○</span>  | 53 <span>○</span> | 73    | <span>•</span> <span>•</span> |                |       |
|            | 15:20   | 117 <span>○</span> | 81 <span>○</span> | 54    | ⓘ <span>•</span>              |                |       |
|            | 15:25   | 99 <span>○</span>  | 58 <span>○</span> | 68    | <span>•</span> <span>•</span> |                |       |
|            | 16:08   | 103 <span>○</span> | 61 <span>○</span> | 65    | <span>•</span> <span>•</span> |                |       |
|            | 16:58   | 103 <span>○</span> | 61 <span>○</span> | 59    | <span>•</span> <span>•</span> |                |       |
|            | 22:47   | 101 <span>○</span> | 59 <span>○</span> | 72    | <span>•</span> <span>•</span> |                |       |
| May 22 Thu | 🌙 0:11  | 86 <span>○</span>  | 48 <span>○</span> | 79    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |
|            | 🌅 6:47  | 102 <span>○</span> | 60 <span>○</span> | 84    | <span>•</span> <span>•</span> |                |       |
|            | 7:23    | 98 <span>○</span>  | 57 <span>○</span> | 78    | <span>•</span> <span>•</span> |                |       |
|            | 9:22    | 110 <span>○</span> | 69 <span>○</span> | 69    | ⓘ <span>•</span>              |                |       |
|            | 10:14   | 120 <span>○</span> | 76 <span>○</span> | 60    | ⓘ <span>•</span>              |                |       |
|            | 10:15   | 119 <span>○</span> | 78 <span>○</span> | 62    | ⓘ <span>•</span>              |                |       |
|            | 11:11   | 99 <span>○</span>  | 59 <span>○</span> | 64    | <span>•</span> <span>•</span> |                |       |
| May 23 Fri | 🌅 7:04  | 118 <span>○</span> | 73 <span>○</span> | 61    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |
|            | 🌙 18:15 | 119 <span>○</span> | 73 <span>○</span> | 68    | <span>•</span> <span>•</span> |                |       |
| May 26 Mon | 🌅 9:55  | 100 <span>○</span> | 67 <span>○</span> | 68    | <span>•</span> <span>•</span> | <div>💊💊💊</div> |       |

Create PDF on: Oct 7, 2025 10:22  
Page 8/10

All Readings

Detected Info (D.I.)

 Measurement Error

Appears when an error in Positioning Indicator, Cuff Wrap Guide, or Body Movement is detected during the measurement.

 Irregular heartbeat

An irregular rhythm was detected two or more times during a measurement.

 Afib

Appears when Possible AFib (Atrial Fibrillation) is detected during measurement.

Memo Icon

 Exercise

 Reducing Salt

 Vegetables

 No alcohol

 Sleep

 Not smoking

 Consultation

 Lack of Exercise

 Salt

 Less vegetables

 Alcohol

 Lack of sleep

 Smoking

| Date       | Time    | SYS                                                                                     | DIA                                                                                    | Pulse | D.I.                                                                                  | Med.                                                                                                                                                                                                                                                        | Notes |
|------------|---------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| May 26 Mon | 🌙 17:52 | 113    | 77    | 54    | . .                                                                                   |          |       |
| May 27 Tue | 🌞 8:41  | 114    | 71    | 57    |  .   |          |       |
|            | 10:48   | 109    | 74    | 62    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 🌙 18:01 | 107    | 69    | 64    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
| May 28 Wed | 🌞 9:56  | 104    | 64    | 67    | . .                                                                                   |    |       |
|            | 11:41   | 122    | 95    | 90    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 11:42   | 106   | 79   | 72    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 13:08   | 120  | 67  | 104   |  . |                                                                                                                                                                                                                                                             |       |
|            | 13:54   | 119  | 68  | 51    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 14:33   | 98   | 60  | 65    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 15:05   | 99   | 65  | 68    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 15:38   | 102  | 65  | 68    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
|            | 🌙 16:05 | 104  | 67  | 58    | . .                                                                                   |                                                                                                                                                                                                                                                             |       |
| May 29 Thu | 🌞 7:34  | 114  | 73  | 65    | . .                                                                                   |    |       |

| Date       | Time    | SYS                                                                                       | DIA                                                                                      | Pulse | D.I.                                                                                  | Med.                                                                                                                                                                                                                                                              | Notes |
|------------|---------|-------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|-------|---------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| May 29 Thu | 9:35    | 114    | 73    | 87    |  . |          |       |
|            | 🌙 18:38 | 124    | 77    | 51    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| May 30 Fri | 🌞 10:07 | 110    | 69    | 51    | . .                                                                                   |          |       |
|            | 🌙 18:55 | 126    | 83    | 62    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| May 31 Sat | 🌞 9:22  | 100    | 58    | 64    | . .                                                                                   |          |       |
| Jun 2 Mon  | 🌞 9:24  | 90     | 57    | 81    | . .                                                                                   |          |       |
|            | 🌙 18:55 | 109    | 68    | 64    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| Jun 3 Tue  | 🌞 10:08 | 99     | 59    | 64    | . .                                                                                   |          |       |
|            | 🌙 17:53 | 98     | 61    | 65    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| Jun 4 Wed  | 🌞 10:36 | 92     | 64    | 73    | . .                                                                                   |          |       |
|            | 13:18   | 102    | 56    | 72    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
|            | 🌙 18:05 | 101    | 68    | 64    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| Jun 5 Thu  | 🌞 10:11 | 100   | 66   | 67    | . .                                                                                   |    |       |
|            | 🌙 18:51 | 99   | 66  | 60    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| Jun 6 Fri  | 🌞 9:38  | 115  | 65  | 62    | . .                                                                                   |    |       |
|            | 10:10   | 101  | 82  | 72    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
|            | 10:11   | 97   | 58  | 81    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
|            | 🌙 18:28 | 102  | 65  | 70    | . .                                                                                   |                                                                                                                                                                                                                                                                   |       |
| Jun 9 Mon  | 🌞 9:38  | 101  | 63  | 74    | . .                                                                                   |    |       |
| Jun 11 Wed | 20:30   | 110  | 60  | 70    | . .                                                                                   |    |       |

Create PDF on: Oct 7, 2025 10:22  
Page 9/10

# Blood Pressure Logbook (List) 15/5/2025 - 30/6/2025

Name:

## All Readings

| Detected Info (D.I.)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Memo Icon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p> <b>Measurement Error</b><br/>Appears when an error in Positioning Indicator, Cuff Wrap Guide, or Body Movement is detected during the measurement.</p> <p> <b>Irregular heartbeat</b><br/>An irregular rhythm was detected two or more times during a measurement.</p> <p> <b>Afib</b><br/>Appears when Possible AFib (Atrial Fibrillation) is detected during measurement.</p> | <p> Exercise</p> <p> Reducing Salt</p> <p> Vegetables</p> <p> No alcohol</p> <p> Sleep</p> <p> Not smoking</p> <p> Consultation</p> <p> Lack of Exercise</p> <p> Salt</p> <p> Less vegetables</p> <p> Alcohol</p> <p> Lack of sleep</p> <p> Smoking</p> |

| Date       | Time                                                                                      | SYS                                                                                     | DIA                                                                                    | Pulse | D.I.                                                                                                                                                                    | Med.                                                                                                                                                                                                                                                        | Notes |
|------------|-------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|
| Jun 11 Wed |  20:35   | 120    | 70    | 80    |       |          |       |
|            |  20:40   | 130    | 80    | 90    |       |                                                                                                                                                                                                                                                             |       |
| Jun 12 Thu |  9:52    | 111    | 70    | 57    |       |          |       |
|            |  9:53    | 119    | 77    | 61    |       |                                                                                                                                                                                                                                                             |       |
|            | 20:15                                                                                     | 110    | 60    | 70    |       |                                                                                                                                                                                                                                                             |       |
|            | 20:20                                                                                     | 120    | 70    | 80    |       |                                                                                                                                                                                                                                                             |       |
|            |  20:25  | 130   | 80   | 90    |     |                                                                                                                                                                                                                                                             |       |
|            |  20:30 | 110  | 60  | 70    |   |                                                                                                                                                                                                                                                             |       |
| Jun 13 Fri |  9:00  | 110  | 60  | 70    |   |    |       |
|            | 9:10                                                                                      | 110  | 60  | 70    |   |                                                                                                                                                                                                                                                             |       |
|            | 9:11                                                                                      | 120  | 70  | 80    |   |                                                                                                                                                                                                                                                             |       |
|            | 9:12                                                                                      | 130  | 80  | 90    |   |                                                                                                                                                                                                                                                             |       |
|            | 9:15                                                                                      | 110  | 60  | 70    |   |                                                                                                                                                                                                                                                             |       |
|            | 9:20                                                                                      | 120  | 70  | 80    |   |                                                                                                                                                                                                                                                             |       |

[illegible]