

Alex Morgan

30 days | Oct 6, 2026 - Oct 13, 2026

Average blood pressure

123 / 78

mmHg

Average pulse

69

bpm

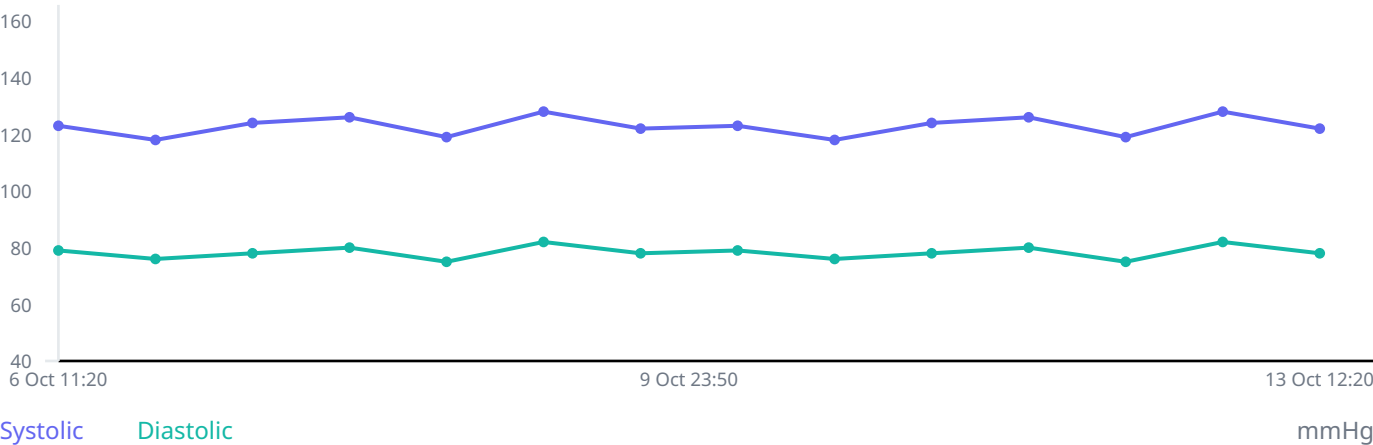
Measurements

14

recorded

Systolic range: 118-128 mmHg Diastolic range: 75-82 mmHg

Blood pressure over time



Measurement log

Manually entered readings. Times include the local UTC offset.

Date / time	SYS mmHg	DIA mmHg	Pulse bpm	Notes
Oct 6, 2026 11:20 UTC+02:00	123	79	70	-
Oct 7, 2026 00:20 UTC+02:00	118	76	-	Morning, before breakfast
Oct 7, 2026 13:20 UTC+02:00	124	78	68	-
Oct 8, 2026 02:20 UTC+02:00	126	80	67	-

Date / time	SYS mmHg	DIA mmHg	Pulse bpm	Notes
Oct 8, 2026 15:20 UTC+02:00	119	75	66	Morning, before breakfast
Oct 9, 2026 04:20 UTC+02:00	128	82	-	-
Oct 9, 2026 17:20 UTC+02:00	122	78	72	-
Oct 10, 2026 06:20 UTC+02:00	123	79	71	Morning, before breakfast
Oct 10, 2026 19:20 UTC+02:00	118	76	70	-
Oct 11, 2026 08:20 UTC+02:00	124	78	-	-
Oct 11, 2026 21:20 UTC+02:00	126	80	68	Morning, before breakfast
Oct 12, 2026 10:20 UTC+02:00	119	75	67	-
Oct 12, 2026 23:20 UTC+02:00	128	82	66	-
Oct 13, 2026 12:20 UTC+02:00	122	78	-	Morning, before breakfast