

High Blood Pressure Reading Week														
Date	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th	13 th	14 th
S/D														
210														
205														
200														
195														
190														
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50														

S/D = Systolic reading and Diastolic Reading