

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
dec 1/21	137/100/68	37	OK	OK				OK			Leslie started cancellation
dec 2/21	147/91/76	56	OK	OK			19	OK			
dec 3/21	118/85/68	33	OK	OK			23	OK			
dec 4/21	136/78/69	58	OK	OK			25	OK		increased	
dec 5/21	129/77/68	52	OK	OK			6	OK			Xmas dinner cancelled
dec 6/21	126/75/70	51	OK	OK			1	OK			
dec 7/21	138/88/70	68	OK	OK		anxiety?	17	OK			appointment made for 3rd vaccine
dec 8/21	138/86/70	52	OK	OK			16	OK			
dec 9/21	125/79/67	46	OK	OK			6	OK			
dec 10/21	143/93/83	50	OK	OK			4	OK			
dec 11/21	123/78/65	45	OK	OK			5	OK			
dec 13/21	131/80/66	51	OK	OK			6	OK			
dec 14/21	135/85/68	50	OK	OK			1	OK			
dec 15/21	131/82/67	49	OK	OK			1	OK			3rd vaccine
dec 16/21	146/88/71	58	OK	OK			9	OK			
dec 17/21	138/88/68	50	OK	OK			8	OK			
dec 18/21	141/85/69	56	OK	OK			6	OK			
dec 19/21	136/84/65	52	OK	OK			4	OK			
dec 20/21	139/89/68	50	OK	OK			2	OK			
dec 21/21	126/81/70	45	OK	OK			5	OK			leak in bathroom
dec 22/21	143/86/70	57	OK	OK			12	OK			
dec 23/21	119/75/67	44	OK	OK			13	OK			plumbing repair
dec 24/21	130/86/70	44	OK	OK			0	OK			dry wall repaired
dec 25/21	125/78/79	47	OK	OK			3	OK			christmas day
dec 26/21	143/84/73	59	OK	OK			12	OK			boxing day
dec 27/21	141/86/73	55	OK	OK			4	OK			
dec 28/21	139/86/70	53	OK	OK			2	OK			
dec 29/21	145/88/65	57	OK	OK			4	OK			
dec 30/21	142/85/84	57	OK	OK			0	OK			
dec 31/21	135/84/65	51	OK	OK			6	OK			New Years Eve
jan 1/22	140/84/69	56	OK	OK			5	OK			
jan 2/22	130/84/61	46	OK	OK			10	OK			
jan 3/22	127/86/66	41	OK	OK			5	OK			
jan 4/22	133/80/65	53	OK	OK			12	OK			
jan 5/22	136/86/68	50	OK	OK			3	OK			21 day closure
jan 6/22	124/81/66	43	OK	OK			7	OK			hair cut
jan 7/22	130/91/65	39	OK	OK			4	OK			
jan 8/22	153/87/66	66	OK	OK				OK			C & C visit P visit
jan 9/22	128/86/69	42	OK	OK				OK	27	covid	
jan 10/22	134/80/69	54	OK	OK			12	OK	24		C called sick not covid?
jan 11/22	127/83/72	44	OK	OK			10	OK			
jan 12/22	141/79/70	62	OK	OK			18	OK			
jan 13/22	128/86/70	42	OK	OK			20	OK			
jan 14/22	127/81/68	46	OK	OK			4	OK			
jan 15/22	128/83/65	45	OK	OK			1	OK			
jan 16/22	129/82/69	47	OK	OK			2	OK			Ron's birthday
jan 17/22	125/78/69	47	OK	OK			0	OK			
jan 18/22	123/81/69	42	OK	OK			5	OK			

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Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
jan 19/22	138/86/65	52	OK	OK			10	OK			
jan 20/22	137/86/69	51	OK	OK			1	OK			
jan 21/22	125/72/77	53	OK	OK			2	OK			
jan 22/22	134/89/72	45	OK	OK			8	OK			
jan 23/22	132/88/71	44	OK	OK			1	OK			
jan 24/22	131/87/75	44	OK	OK			0	OK			
jan 25/22	131/88/70	43	OK	OK			1	OK			
jan 26/22	143/84/70	59	OK	OK			16	OK			
jan 27/22	130/75/70	55	OK	OK			4	OK			
jan 28/22	134/88/62	46	OK	OK			9	OK			
jan 29/22	151/87/69	64	OK	OK			18	OK			
jan 30/22	125/79/69	46	OK	OK			18	OK			
jan 31/22	130/84/71	46	OK	OK			0	OK			
feb 1/22	131/81/68	50	OK	OK			4	OK			
feb 2/22	141/90/72	51	OK	OK			1	OK			
feb 3/22	141/87/71	54	OK	OK			3	OK			
feb 4/22	143/89/72	54	OK	OK			0	OK			
feb 5/22	128/88/68	40	OK	OK			14	OK			
feb 6/22	138/88/85	50	OK	OK			10	OK			
feb 7/22	135/85/72	50	OK	OK			0	OK			
feb 8/22	125/84/69	41	OK	OK			9	OK			
feb 9/22	130/84/66	46	OK	OK			5	OK			Mark & Ellen visited us
feb 10/22	130/84/66	46	OK	OK			0	OK			We visited Andy
feb 11/22	123/83/72	40	OK	OK			6	OK			dental work - root removal & implant inserted
feb 12/22	138/85/67	53	OK	OK			13	OK			
feb 13/22	131/89/66	42	OK	OK			11	OK			
feb 14/22	128/85/67	43	OK	OK			1	OK			
feb 15/22	145/88/69	57	OK	OK			14	OK			
feb 16/22	139/86/73	53	OK	OK			4	OK			
feb 17/22	141/90/71	51	OK	OK			2	OK			
feb 18/22	150/86/69	64	OK	OK			13	OK			nose bleed in AM & PM
feb 19/22	126/92/83	34	OK	OK				OK	30	dropped	nose bleed in AM; trip to hospital
feb 20/22	137/83/68	54	OK	OK			20	OK			Scott & Margarita visited
feb 21/22	125/83/67	42	OK	OK			12	OK			mild nose bleed
feb 22/22	134/85/69	49	OK	OK			7	OK			doctor's office off blood thinner one wk
feb 23/22	127/79/68	48	OK	OK			1	OK			
feb 24/22	141/81/71	60	OK	OK			12	OK			minor nose bleed
feb 25/22	147/86/67	61	OK	OK			1	OK			minor nose bleed
feb 26/22	115/75/62	40	OK	OK			21	OK			party @ mike's
feb 27/22	128/86/66	42	OK	OK			2	OK			nose bleed between 4 & 5pm
feb 28/22	133/84/67	49	OK	OK			7	OK			
mar 1/22	126/73/63	53	OK	OK			4	OK			restart blood thinner; no bleeding
mar 2/22	131/81/66	50	OK	OK			3	OK			
mar 3/22	132/86/68	46	OK	OK			4	OK			
mar 4/22	143/93/68	50	OK	OK			4	OK			
mar 5/22	137/83/69	54	OK	OK			4	OK			nose bleed 10 & 11am; Chris visited
mar 6/22	119/79/72	40	OK	OK			14	OK			
mar 7/22	141/85/72	56	OK	OK			16	OK			
mar 8/22	125/86/67	39	OK	OK			17	OK			

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mar 9/22	124/90/69	34	OK	OK			5	OK			nose bleed 11am; visit Marj & Brent; club
mar 10/22	127/80/66	47	OK	OK			13	OK			nose bleed 11am
mar 11/22	128/83/70	45	OK	OK			2	OK			
mar 12/22	138/86/67	52	OK	OK			7	OK			
mar 13/22	145/83/68	62	OK	OK			10	OK			
mar 14/22	126/86/73	40	OK	OK			22	OK			had issue with gut flora after restaurant meal
mar 15/22	127/82/71	45	OK	OK			5	OK			
mar 16/22	132/85/73	47	OK	OK			2	OK			
mar 17/22	124/80/70	44	OK	OK			3	OK			
mar 18/22	124/89/80	35	OK	OK			9	OK			
mar 19/22	124/85/121	39	OK	OK			4	OK			
mar 20/22	134/83/65	51	OK	OK			12	OK			
mar 21/22	125/80/71	45	OK	OK			6	OK			
mar 22/22	119/64/114	55	OK	OK			10	OK			
mar 23/22	123/78/62	45	OK	OK			10	OK			
mar 24/22	139/84/61	55	OK	OK			10	OK			
mar 25/22	129/73/72	56	OK	OK			1	OK			
mar 26/22	129/79/64	50	OK	OK			6	OK			visited Debbie & Chris
mar 27/22	138/76/88	62	OK	OK			12	OK			visited Marg
mar 28/22	151/93/69	58	OK	OK			4	OK			
mar 29/22	133/75/65	58	OK	OK			0	OK			
mar 30/22	130/84/68	46	OK	OK			12	OK			
mar 31/22	129/78/69	51	OK	OK			5	OK			
apr 1/22	129/86/67	43	OK	OK			8	OK			income tax filed
apr 2/22	121/76/68	45	OK	OK			2	OK			
apr 3/22	143/85/77	58	OK	OK			13	OK			
apr 4/22	118/78/67	40	OK	OK			18	OK			
apr 5/22	137/86/68	51	OK	OK			11	OK			
apr 6/22	134/88/73	46	OK	OK			5	OK			
apr 7/22	128/83/64	45	OK	OK			1	OK			forgot morning pills Clop/Pant/Gab
apr 8/22	135/85/74	50	OK	OK			5	OK			
apr 9/22	128/76/65	52	OK	OK			2	OK			
apr 10/22	133/89/66	44	OK	OK			8	OK			Nose bleed
apr 11/22	133/83/66	50	OK	OK			6	OK			
apr 12/22	122/86/71	36	OK	OK			14	OK			
apr 13/22	127/83/70	44	OK	OK			8	OK			
apr 14/22	134/79/65	55	OK	OK			11	OK			
apr 15/22	137/84/62	53	OK	OK			2	OK			
apr 16/22	151/130/71		Failed	OK	21	high		Failed	32	dropped	Nose bleed - Chris & Christina visited - large meal
apr 17/22	135/77/67	58	OK	OK				Failed	37	increased	Mandarin - Scott, Margarita & Paul
apr 18/22	142/86/88	56	OK	OK		Easter	2	OK			
apr 19/22	137/83/65	54	OK	OK			2	OK			
apr 20/22	134/85/68	49	OK	OK			5	OK			Nose bleed - morning
apr 21/22	132/83/69	49	OK	OK			0	OK			
apr 22/22	140/85/62	55	OK	OK			6	OK			
apr 23/22	130/87/64	43	OK	OK			12	OK			Minor nose bleed - morning
apr 24/22	121/71/73	50	OK	OK			7	OK			
apr 25/22	128/85/67	43	OK	OK			7	OK			
apr 26/22	136/85/69	51	OK	OK			8	OK			

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apr 27/22	128/86/65	42	OK	OK			9	OK			
apr 28/22	135/85/68	50	OK	OK			8	OK			
apr 29/22	134/83/65	51	OK	OK			1	OK			
apr 30/22	133/83/66	50	OK	OK			1	OK			
may 1/22	139/85/65	54	OK	OK			4	OK			
may 2/22	129/86/72	43	OK	OK			11	OK			
may 3/22	143/84/65	59	OK	OK			16	OK			Saw ENT Doctor
may 4/22	126/82/70	44	OK	OK			15	OK			
may 5/22	143/82/69	61	OK	OK			17	OK			
may 6/22	141/87/72	54	OK	OK			7	OK			
may 7/22	148/87/70	61	OK	OK			7	OK			
may 8/22	128/79/69	49	OK	OK			12	OK			temp 36.7 C - ok
may 9/22	129/91/78	38	OK	OK			11	OK			temp 37 C - ok
may 10/22	125/87/70	38	OK	OK			0	OK			temp 37.8 C - slight fever
may 11/22	134/83/69	51	OK	OK			13	OK			temp 37.2 C - ok
may 12/22	137/86/88	51	OK	OK			0	OK			temp 37.7 C - slight fever
may 13/22	128/86/70	42	OK	OK			9	OK			temp 38 C - high fever; returned to normal
may 14/22	137/88/70	49	OK	OK			7	OK			temp 37.2 C - ok
may 15/22	142/86/71	56	OK	OK			7	OK			
may 16/22	141/83/69	58	OK	OK			2	OK			
may 17/22	151/99/64	52	OK	OK			6	OK			
may 18/22	137/79/65	58	OK	OK			6	OK			
may 19/22	131/90/62	41	OK	OK			17	OK			
may 20/22	125/82/74	43	OK	OK			2	OK			
may 21/22	128/84/74	44	OK	OK			1	OK			
may 22/22	114/77/76	37	OK	OK			7	OK			
may 23/22	130/87/69	43	OK	OK			6	OK			
may 24/22	146/84/68	62	OK	OK			19	OK			
may 25/22	127/78/69	49	OK	OK			13	OK			
may 26/22	131/86/65	45	OK	OK			4	OK			
may 27/22	135/87/71	48	OK	OK			3	OK			
may 28/22	149/97/76	52	OK	OK			4	OK			
may 29/22	144/94/65	50	OK	OK			2	OK			
may 30/22	124/82/69	42	OK	OK			8	OK			
may 31/22	141/88/80	53	OK	OK			11	OK			
june 1/22	137/86/70	51	OK	OK			2	OK			
june 2/22	114/71/63	43	OK	OK			8	OK			
june 3/22	131/85/81	46	OK	OK			3	OK			
june 4/22	139/83/65	56	OK	OK			10	OK			Car hit by idiot - no injuries - dealing with insurance
june 5/22	139/83/76	56	OK	OK			0	OK			
june 6/22	142/82/68	60	OK	OK			4	OK			
june 7/22	131/84/76	47	OK	OK			13	OK			
june 8/22	143/89/85	54	OK	OK			7	OK			
june 9/22	141/89/70	52	OK	OK			2	OK			
june 10/22	135/86/76	49	OK	OK			3	OK			
june 11/22	138/88/71	50	OK	OK			1	OK			
june 12/22	143/86/70	57	OK	OK			7	OK			
june 13/22	129/84/71	45	OK	OK			12	OK			
june 14/22	138/99/70	39	OK	OK			6	OK			

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june 15/22	133/86/69	47	OK	OK			8	OK			
june 16/22	134/85/75	49	OK	OK			2	OK			
june 17/22	120/82/68	38	OK	OK			11	OK			
june 18/22	139/89/74	50	OK	OK			12	OK			
june 19/22	125/85/74	40	OK	OK			10	OK			
june 20/22	123/82/71	41	OK	OK			1	OK			
june 21/22	129/78/71	51	OK	OK			10	OK			
june 22/22	129/84/69	45	OK	OK			6	OK			
june 23/22	126/86/69	40	OK	OK			5	OK			
june 24/22	127/97/95	30	OK	OK			10	OK			Problem getting tires for Malibu
june 25/22	125/80/71	45	OK	OK			15	OK			
june 26/22	124/82/68	42	OK	OK			3	OK			
june 27/22	124/81/66	43	OK	OK			1	OK			Computer problems
june 28/22	114/72/68	42	OK	OK			1	OK			
june 29/22	123/83/68	40	OK	OK			2	OK			
june 30/22	115/73/65	42	OK	OK			2	OK			
july 1/22	129/83/69	46	OK	OK			4	OK			
july 2/22	121/79/76	42	OK	OK			4	OK			backyard barbeque our place
july 3/22	131/83/71	48	OK	OK			6	OK			
july 4/22	128/85/86	43	OK	OK			5	OK			
july 5/22	129/86/80	43	OK	OK			0	OK			
july 6/22	123/75/68	48	OK	OK			5	OK			
july 7/22	115/70/65	45	OK	OK			3	OK			
july 8/22	120/82/67	38	OK	OK			7	OK			Rogers network down - no cell phone/internet
july 9/22	139/89/64	50	OK	OK			12	OK			off to rockpile - night club
july 10/22	121/81/72	40	OK	OK			10	OK			
july 11/22	139/82/69	57	OK	OK			17	OK			spotty internet service - tv interruptions
july 12/22	126/78/71	48	OK	OK			9	OK			
july 13/22	124/73/70	51	OK	OK			3	OK			
july 14/22	125/74/74	51	OK	OK			0	OK			
july 15/22	132/83/69	49	OK	OK			2	OK			
july 16/22	131/80/69	51	OK	OK			2	OK			
july 17/22	133/84/69	49	OK	OK			2	OK			
july 18/22	125/85/70	40	OK	OK			9	OK			
july 19/22	124/76/70	48	OK	OK			8	OK			
july 20/22	128/87/77	41	OK	OK			7	OK			
july 21/22	133/83/67	50	OK	OK			9	OK			
july 22/22	127/85/75	42	OK	OK			8	OK			
july 23/22	no reading		Failed	OK				OK			sleep over - camping party
july 24/22	122/74/71	48	OK	OK			6	OK			
july 25/22	132/80/70	52	OK	OK			4	OK			
july 26/22	128/83/74	45	OK	OK			7	OK			
july 27/22	140/84/70	56	OK	OK			11	OK			
july 28/22	134/85/69	49	OK	OK			7	OK			
july 29/22	136/86/71	50	OK	OK			1	OK			
july 30/22	128/86/70	42	OK	OK			8	OK			
july 31/22	126/82/80	44	OK	OK			2	OK			fever 38.4C; muscle aches; difficulty walking
aug 1/22	122/79/84	43	OK	OK			1	OK			Day at the beach, no issue walking
aug 2/22	119/72/86	47	OK	OK			4	OK			fever 38.5C; no appetite

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aug 3/22	124/79/71	45	OK	OK			2	OK			first physio appointment - left leg
aug 4/22	124/79/67	45	OK	OK			0	OK			
aug 5/22	119/72/70	47	OK	OK			2	OK			
aug 6/22	120/84/73	36	OK	OK			11	OK			
aug 7/22	141/86/77	55	OK	OK			19	OK			
aug 8/22	107/74/71	33	OK	OK			22	OK			Physio appointment - left leg
aug 9/22	126/77/68	49	OK	OK			16	OK			
aug 10/22	130/81/79	49	OK	OK			0	OK			Dr Zaidi/reduce gabapentin to 1 in morning
aug 11/22	136/95/68	41	OK	OK			8	OK			
aug 12/22	123/81/77	42	OK	OK			1	OK			
aug 13/22	125/82/66	43	OK	OK			1	OK			
aug 14/22	131/82/77	49	OK	OK			6	OK			
aug 15/22	116/75/72	41	OK	OK			8	OK			Physio appointment - left leg
aug 16/22	126/77/68	49	OK	OK			8	OK			
aug 17/22	128/80/70	48	OK	OK			1	OK			visited Andy
aug 18/22	129/79/68	50	OK	OK			2	OK			temperature 37.4C
aug 19/22	123/58/71	65	OK	OK			15	OK			
aug 20/22	134/85/72	49	OK	OK			16	OK			Family gathering, temp 37.1C
aug 21/22	120/78/81	42	OK	OK			7	OK			tired all day; no exercise
aug 22/22	113/80/75	33	OK	OK			9	OK			Physio appointment - left leg
aug 23/22	128/80/70	48	OK	OK			15	OK			
aug 24/22	120/70/65	50	OK	OK			2	OK			
aug 25/22	119/70/69	49	OK	OK			1	OK			
aug 26/22	123/81/64	42	OK	OK			7	OK			
aug 27/22	123/78/67	45	OK	OK			3	OK			
aug 28/22	123/75/78	48	OK	OK			3	OK			
aug 29/22	121/75/71	46	OK	OK			2	OK			Physio appointment - left leg
aug 30/22	133/83/74	50	OK	OK			4	OK			
aug 31/22	126/84/66	42	OK	OK			8	OK			
sep 1/22	125/77/65	48	OK	OK			6	OK			
sep 2/22	130/83/70	47	OK	OK			1	OK			
sep 3/22	123/85/67	38	OK	OK			9	OK			
sep 4/22	128/99/70	29	OK	OK			9	OK			
sep 5/22	130/82/68	48	OK	OK			19	OK			Labour day
sep 6/22	126/80/72	46	OK	OK			2	OK			
sep 7/22	129/85/66	44	OK	OK			2	OK			
sep 8/22	126/84/69	42	OK	OK			2	OK			
sep 9/22	123/70/75	53	OK	OK			11	OK			Physio left leg/Lunch Terra Cotta Inn
sep 10/22	126/77/69	49	OK	OK			4	OK			
sep 11/22	125/77/67	48	OK	OK			1	OK			Visited Marg
sep 12/22	125/82/74	43	OK	OK			5	OK			Physio appointment - left leg
sep 13/22	132/81/73	51	OK	OK			8	OK			Friend Ron Dropped in for visit/off to club
sep 14/22	124/83/70	41	OK	OK			10	OK			helped L & R/off to club
sep 15/22	122/86/74	36	OK	OK			5	OK			
sep 16/22	126/84/79	42	OK	OK			6	OK			
sep 17/22	no reading		Failed	OK				Failed	42	no reading	weekend party -
sep 18/22	128/86/76	42	OK	OK			0	OK			temp up 37.5F
sep 19/22	125/82/69	43	OK	OK			1	OK			Physio appointment - left leg
sep 20/22	135/86/75	49	OK	OK			6	OK			visit D & D

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sep 21/22	121/84/69	37	OK	OK			12	OK			club night
sep 22/22	135/91/68	44	OK	OK			7	OK			
sep 23/22	129/86/69	43	OK	OK			1	OK			
sep 24/22	131/85/68	46	OK	OK			3	OK			lunch chris / party night R & D
sep 25/22	148/87/73	61	OK	OK			15	OK			
sep 26/22	137/91/72	46	OK	OK			15	OK			
sep 27/22	136/83/66	53	OK	OK			7	OK			physio appointment / club night
sep 28/22	127/85/70	42	OK	OK			11	OK			electrical problems/ stop gabapentin
sep 29/22	138/84/69	54	OK	OK			12	OK			
sep 30/22	125/87/72	38	OK	OK			16	OK			major improvement in walking
oct 1/22	132/85/68	47	OK	OK			9	OK			party @ friends B & B
oct 2/22	126/99/76	27	OK	OK			20	OK			
oct 3/22	131/72/67	59	OK	OK				Failed	32	dropped	day trip to Coe Hill property
oct 4/22	126/85/78	41	OK	OK			18	OK			physio appointment
oct 5/22	118/73/71	45	OK	OK			4	OK			Lunch with Lauren
oct 6/22	130/85/70	45	OK	OK			0	OK			2km walk - good day
oct 7/22	139/83/64	56	OK	OK			11	OK			club - dancing
oct 8/22	132/79/63	53	OK	OK			3	OK			club - dancing
oct 9/22	123/82/66	41	OK	OK			12	OK			sister's place for thanksgiving
oct 10/22	127/84/70	43	OK	OK			2	OK			visit Danny - friend
oct 11/22	116/87/77	29	OK	OK			14	OK			wedding anniversary - 42 yrs / physio
oct 12/22	131/85/72	46	OK	OK			17	OK			
oct 13/22	124/76/63	48	OK	OK			2	OK			
oct 14/22	126/69/93	57	OK	OK			9	OK			
oct 15/22	126/82/65	44	OK	OK			13	OK			party - cambridge D & K
oct 16/22	119/84/72	35	OK	OK			9	OK			
oct 17/22	127/85/69	42	OK	OK			7	OK			
oct 18/22	123/74/62	49	OK	OK			7	OK			physio - leg
oct 19/22	129/85/65	44	OK	OK			5	OK			
oct 20/22	127/86/64	41	OK	OK			3	OK			
oct 21/22	122/83/68	39	OK	OK			2	OK			Ken passed away
oct 22/22	142/88/67	54	OK	OK			15	OK			party - flamborough D & L
oct 23/22	139/87/79	52	OK	OK			2	OK			visitation/reception - wife's cousin's funeral
oct 24/22	119/77/72	42	OK	OK			10	OK			Marie dress hunting with Lillian
oct 25/22	119/76/68	43	OK	OK			1	OK			physio - leg; Russell passed away
oct 26/22	122/78/70	44	OK	OK			1	OK			
oct 27/22	140/91/63	49	OK	OK			5	OK			
oct 28/22	124/78/69	46	OK	OK			3	OK			
oct 29/22	136/86/69	50	OK	OK			4	OK			Russell's funeral/party - cambridge B & B
oct 30/22	119/79/69	40	OK	OK			10	OK			Scott & Margarita visting; 1st grandbaby on the way
oct 31/22	134/85/68	49	OK	OK			9	OK			halloween
nov 1/22	135/92/73	43	OK	OK			6	OK			physio - leg
nov 2/22	134/85/71	49	OK	OK			6	OK			Canaray (xrays) - Teeth
nov 3/22	126/84/58	42	OK	OK			7	OK			
nov 4/22	121/78/72	43	OK	OK			1	OK			Visit Rick/Leslie
nov 5/22	126/82/66	44	OK	OK			1	OK			Party @ Mikes
nov 6/22	127/78/69	49	OK	OK			5	OK			
nov 7/22	127/81/65	46	OK	OK			3	OK			
nov 8/22	125/80/64	45	OK	OK			1	OK			Physio - leg

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
nov 9/22	126/84/63	42	OK	OK			3	OK			
nov 10/22	120/84/63	36	OK	OK			6	OK			
nov 11/22	115/74/72	41	OK	OK			5	OK			
nov 12/22	127/90/75	37	OK	OK			4	OK			
nov 13/22	122/81/70	41	OK	OK			4	OK			Visit John / Stracks restaurant
nov 14/22	123/81/63	42	OK	OK			1	OK			
nov 15/22	117/85/70	32	OK	OK			10	OK			Physio - leg
nov 16/22	132/83/69	49	OK	OK			17	OK			midas - tires
nov 17/22	137/84/69	53	OK	OK			4	OK			visit debbie & chris
nov 18/22	134/85/66	49	OK	OK			4	OK			
nov 19/22	118/76/65	42	OK	OK			7	OK			
nov 20/22	133/90/67	43	OK	OK			1	OK			visit Chris
nov 21/22	127/86/65	41	OK	OK			2	OK			Marie starts pills for test
nov 22/22	128/94/64	34	OK	OK			7	OK			Physio leg
nov 23/22	129/84/67	45	OK	OK			11	OK			Marie's medical test: Ron to drive
nov 24/22	120/81/64	39	OK	OK			6	OK			
nov 25/22	119/72/67	47	OK	OK			8	OK			Lunch with Lauren
nov 26/22	133/84/61	49	OK	OK			2	OK			Party - Uxbridge R & D
nov 27/22	126/82/64	44	OK	OK			5	OK			
nov 28/22	137/86/68	51	OK	OK			7	OK			
nov 29/22	133/84/68	49	OK	OK			2	OK			Physio - leg
nov 30/22	125/89/77	36	OK	OK			13	OK			Dr Chatterjee stopped one prostate pill
dec 1/22	129/86/72	43	OK	OK			7	OK			
dec 2/22	144/95/79	49	OK	OK			6	OK			
dec 3/22	144/86/71	58	OK	OK			9	OK			Party - Cambridge B & B
dec 4/22	128/85/69	43	OK	OK			15	OK			
dec 5/22	141/92/74	49	OK	OK			6	OK			
dec 6/22	132/83/67	49	OK	OK			0	OK			Physio - leg
dec 7/22	149/87/74	62	OK	OK			13	OK			
dec 8/22	132/92/69	40	OK	OK			22	OK		flu starts	Party - Cambridge B & B
dec 9/22	101/64/71	37	OK	OK			3	OK			Visit Chris & Debbie
dec 10/22	132/92/72	40	OK	OK			3	OK			Party Waterloo - mike's
dec 11/22	134/85/72	49	OK	OK			9	OK			Lunch - Lillian
dec 12/22	137/86/71	51	OK	OK			2	OK			
dec 13/22	133/84/77	49	OK	OK			2	OK			Physio - leg
dec 14/22	94/59/72	35	OK	OK			14	OK			sick as a dog
dec 15/22	145/92/74	53	OK	OK			18	OK			Day 2 - sick - flue
dec 16/22	135/87/69	48	OK	OK			5	OK			Day 3- flu gone
dec 17/22	140/88/72	52	OK	OK			4	OK			still feel like crap
dec 18/22	140/89/65	51	OK	OK			1	OK			Pete & Lillian visited
dec 19/22	139/85/72	54	OK	OK			3	OK			
dec 20/22	134/87/76	47	OK	OK			7	OK			physio - leg
dec 21/22	133/86/70	47	OK	OK			0	OK			
dec 22/22	125/78/70	47	OK	OK			0	OK			
dec 23/22	125/81/77	44	OK	OK			3	OK			dentist
dec 24/22	127/85/71	42	OK	OK			2	OK			
dec 25/22	143/84/74	59	OK	OK			17	OK			Christmas - @ Chris's
dec 26/22	117/74/77	43	OK	OK			16	OK			
dec 27/22	142/85/75	57	OK	OK			14	OK			physio - leg

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
dec 28/22	122/84/73	38	OK	OK			19	OK			
dec 29/22	132/85/76	47	OK	OK			9	OK			
dec 30/22	142/88/72	54	OK	OK			7	OK			
dec 31/22	126/85/76	41	OK	OK			13	OK			NYE in Cambridge K & D
jan 1/23	133/86/73	47	OK	OK			6	OK			Afternoon @ club
jan 2/23	171/127/65	44	OK	OK			3	OK			Evening @ club
jan 3/23	138/83/75	55	OK	OK			11	OK			
jan 4/23	137/86/77	51	OK	OK			4	OK			Lunch with Lauren - Evening @ club
jan 5/23	133/85/75	48	OK	OK			3	OK			
jan 6/23	141/89/68	52	OK	OK			4	OK			Evening @ club with Lillian
jan 7/23	138/86/70	52	OK	OK			0	OK			Evening @ club
jan 8/23	126/90/68	36	OK	OK			16	OK			Visit Sister
jan 9/23	151/90/67	61	OK	OK				OK	25	increased	
jan 10/23	150/87/65	63	OK	OK			2	OK			Physio - Leg
jan 11/23	114/68/67	46	OK	OK			17	OK			doctor's office
jan 12/23	128/81/64	47	OK	OK			1	OK			
jan 13/23	142/85/70	57	OK	OK			10	OK			
jan 14/23	127/77/63	50	OK	OK			7	OK			party - uxbridge
jan 15/23	121/76/80	45	OK	OK			5	OK			Mandarin with kids
jan 16/23	147/86/68	61	OK	OK			16	OK			MY Birthday; IHOP/Lillian
jan 17/23	148/106/67	42	OK	OK			19	OK			
jan 18/23	134/88/71	46	OK	OK			4	OK			
jan 19/23	139/87/70	52	OK	OK			6	OK			
jan 20/23	140/86/65	54	OK	OK			2	OK			
jan 21/23	118/86/67	32	OK	OK			22	OK			Party - Waterloo
jan 22/23	127/86/69	41	OK	OK			9	OK			
jan 23/23	137/93/78	44	OK	OK			3	OK			club - afternoon
jan 24/23	112/73/81	39	OK	OK			5	OK			Physio - leg; club afternoon;couple patrons
jan 25/23	149/96/80	53	OK	OK			14	OK			club - evening
jan 26/23	133/86/75	47	OK	OK			6	OK			club - evening
jan 27/23	121/82/76	39	OK	OK			8	OK			
jan 28/23	149/88/76	61	OK	OK			22	OK			haircut
jan 29/23	139/91/70	48	OK	OK			13	OK			club - afternoon
jan 30/23	107/89/66		Failed	OK	18	low		OK	30	dropped	covid virus air borne in Salon?
jan 31/23	141/98/72	43	OK	OK				OK	25	increased	
feb 1/23	148/94/63	54	OK	OK			11	OK			club - evening
feb 2/23	134/83/71	51	OK	OK			3	OK			
feb 3/23	146/91/72	55	OK	OK			4	OK			
feb 4/23	139/86/66	53	OK	OK			2	OK			party - cambridge
feb 5/23	125/86/81	39	OK	OK			14	OK			
feb 6/23	142/95/76	47	OK	OK			8	OK			
feb 7/23	136/88/71	48	OK	OK			1	OK			physio - leg
feb 8/23	139/87/81	52	OK	OK			4	OK			
feb 9/23	132/87/71	45	OK	OK			7	OK			
feb 10/23	152/90/70	62	OK	OK			17	OK			club - afternoon only couple patrons
feb 11/23	147/95/71	52	OK	OK			10	OK			club evening
feb 12/23	140/86/67	54	OK	OK			2	OK			
feb 13/23	144/95/74	49	OK	OK			5	OK			club evening
feb 14/23	149/90/68	59	OK	OK			10	OK			

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
feb 15/23	142/97/70	45	OK	OK			14	OK			
feb 16/23	148/92/70	56	OK	OK			11	OK			club evening
feb 17/23	136/90/68	46	OK	OK			10	OK			2 electrical repairmen came in
feb 18/23	147/91/68	56	OK	OK			10	OK			
feb 19/23	149/87/73	62	OK	OK			6	OK			
feb 20/23	120/75/70	45	OK	OK			17	OK			
feb 21/23	144/85/72	59	OK	OK			14	OK			physio - leg
feb 22/23	121/87/73	34	OK	OK				OK	25		
feb 23/23	135/80/71	55	OK	OK			21	OK			
feb 24/23	136/81/65	55	OK	OK			0	OK			
feb 25/23	125/84/66	41	OK	OK			14	OK			Cora's lunch / party - Uxbridge
feb 26/23	151/92/69	59	OK	OK			18	OK			
feb 27/23	141/85/71	56	OK	OK			3	OK			
feb 28/23	136/86/69	50	OK	OK			6	OK			
mar 1/23	132/85/70	47	OK	OK			3	OK			
mar 2/23	118/79/71	39	OK	OK			8	OK			
mar 3/23	129/87/71	42	OK	OK			3	OK			Cambridge - car spunout on 401
mar 4/23	138/83/76	55	OK	OK			13	OK			
mar 5/23	131/85/71	46	OK	OK			9	OK			
mar 6/23	135/86/68	49	OK	OK			3	OK			
mar 7/23	144/90/69	54	OK	OK			5	OK			
mar 8/23	141/86/70	55	OK	OK			1	OK			
mar 9/23	118/81/76	37	OK	OK			18	OK			
mar 10/23	150/93/69	57	OK	OK			20	OK			
mar 11/23	134/86/69	48	OK	OK			9	OK			
mar 12/23	145/90/72	55	OK	OK			7	OK			
mar 13/23	129/84/86	45	OK	OK			10	OK			
mar 14/23	163/86/66		OK	Failed	77	high		Failed	32	increased	
mar 15/23	125/88/66	37	OK	OK				Failed	40	dropped	
mar 16/23	138/86/71	52	OK	OK			15	OK			
mar 17/23	142/96/74	46	OK	OK			6	OK			lunch - denny's
mar 18/23	142/85/68	57	OK	OK			11	OK			party cambridge - K & D
mar 19/23	124/87/68	37	OK	OK			20	OK			
mar 20/23	128/91/69	37	OK	OK			0	OK			
mar 21/23	129/83/70	46	OK	OK			9	OK			physio - leg
mar 22/23	139/85/68	54	OK	OK			8	OK			
mar 23/23	144/86/66	58	OK	OK			4	OK			
mar 24/23	145/91/69	54	OK	OK			4	OK			
mar 25/23	141/90/69	51	OK	OK			3	OK			party cambridge - B & B
mar 26/23	114/84/81	30	OK	OK			21	OK			baby shower - S & M
mar 27/23	119/73/69	46	OK	OK			16	OK			
mar 28/23	128/86/67	42	OK	OK			4	OK			
mar 29/23	134/86/62	48	OK	OK			6	OK			
mar 30/23	132/85/64	47	OK	OK			1	OK			lunch - Cora's
mar 31/23	131/84/76	47	OK	OK			0	OK			weekend in Niagara Falls
apr 1/23	131/79/75	52	OK	OK			5	OK			weekend in Niagara Falls
apr 2/23	126/86/67	40	OK	OK			12	OK			
apr 3/23	145/86/66	59	OK	OK			19	OK			POM - dentist
apr 4/23	136/86/71	50	OK	OK			9	OK			Physio - leg - last one

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
apr 5/23	127/80/70	47	OK	OK			3	OK			
apr 6/23	141/84/76	57	OK	OK			10	OK			
apr 7/23	144/91/69	53	OK	OK			4	OK			
apr 8/23	135/86/76	49	OK	OK			4	OK			
apr 9/23	126/81/71	45	OK	OK			4	OK			Easter @ Marg's
apr 10/23	138/88/73	50	OK	OK			5	OK			
apr 11/23	142/93/77	49	OK	OK			1	OK			Richmond hill
apr 12/23	144/72/71		OK	Failed	72	high	23	OK			Club
apr 13/23	146/90/79	56	OK	OK			16	OK			advised of hole in roof
apr 14/23	139/92/74	47	OK	OK			9	OK			Cambridge - Sideliners
apr 15/23	139/92/77	47	OK	OK			0	OK			Richmond hill
apr 16/23	129/85/73	44	OK	OK			3	OK			Visit Debbie & Chris
apr 17/23	136/86/68	50	OK	OK			6	OK			
apr 18/23	111/63/69	48	OK	OK			2	OK			
apr 19/23	122/80/64	42	OK	OK			6	OK			dentist
apr 20/23	129/82/67	47	OK	OK			5	OK			
apr 21/23	135/87/69	48	OK	OK			1	OK			
apr 22/23	121/84/78	37	OK	OK			11	OK			
apr 23/23	130/79/74	51	OK	OK			14	OK			Son's 40th b'day dinner
apr 24/23	142/91/73	51	OK	OK			0	OK			
apr 25/23	128/77/67	51	OK	OK			0	OK			Richmond Hill
apr 26/23	138/85/72	53	OK	OK			2	OK			
apr 27/23	144/91/68	53	OK	OK			0	OK			Granddaughter born
apr 28/23	132/90/72	42	OK	OK			11	OK			Visit S, M & Y at hospital
apr 29/23	126/83/73	43	OK	OK			1	OK			
apr 30/23	119/79/69	40	OK	OK			3	OK			Scogug Island; John; Debbie & Chris
may 1/23	131/83/73	48	OK	OK			8	OK			Visit S.M, & Y at home
may 2/23	130/84/64	46	OK	OK			2	OK			Doctor
may 3/23	137/85/88	52	OK	OK			6	OK			M's b'day; dentist & blood work
may 4/23	134/85/69	49	OK	OK			3	OK			
may 5/23	131/85/59	46	OK	OK			3	OK			
may 6/23	146/89/70	57	OK	OK			11	OK			Richmon Hill, Party - Cambridge
may 7/23	116/78/72	38	OK	OK			19	OK			Visit S,M,&Y; M's birthday
may 8/23	140/92/74	48	OK	OK			10	OK			Club
may 9/23	136/85/65	51	OK	OK			3	OK			
may 10/23	139/85/75	54	OK	OK			3	OK			Richmond Hill; Club
may 11/23	122/83/70	39	OK	OK			15	OK			
may 12/23	126/76/70	50	OK	OK			11	OK			Cambridge - bar
may 13/23	127/73/68	54	OK	OK			4	OK			club
may 14/23	129/88/59	41	OK	OK			13	OK			Mother's day
may 15/23	135/80/66	55	OK	OK			14	OK			
may 16/23	137/94/64	43	OK	OK			12	OK			
may 17/23	153/83/66		OK	OK	70	high	27	OK			visit Dan & Diane
may 18/23	140/93/70	47	OK	OK			23	OK			Dr Chatterjee - phone
may 19/23	138/88/67	50	OK	OK			3	OK			Dr Zaidi - in person
may 20/23	131/83/64	48	OK	OK			2	OK			Oakville
may 21/23	133/86/80	47	OK	OK			1	OK			Caesarea; Montana's
may 22/23	139/81/70	58	OK	OK			11	OK			
may 23/23	148/91/73	57	OK	OK			1	OK			start CoQ10 once a day

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
may 24/23	124/80/60	44	OK	OK			13	OK			Visit Scott
may 25/23	145/91/66	55	OK	OK			11	OK			
may 26/23	125/83/66	42	OK	OK			13	OK			
may 27/23	131/86/64	45	OK	OK			3	OK			Donnie & Laura's
may 28/23	125/85/70	40	OK	OK			5	OK			
may 29/23	143/93/76	50	OK	OK			10	OK			
may 30/23	137/85/71	52	OK	OK			2	OK			
may 31/23	131/87/70	44	OK	OK			8	OK			
jun 1/23	126/86/70	40	OK	OK			4	OK			
jun 2/23	131/120/79		Failed	OK	11	low	29	OK			club
jun 3/23	139/84/66	55	OK	OK			44	Failed			C, C, & B
jun 4/23	114/88/72		Failed	OK	26	low	29	OK			
jun 5/23	138/90/71	48	OK	OK			22	OK			day at beach; fainted due to heat/low blood sugar
jun 6/23	113/95/83		Failed	OK	18	low	30	OK			
jun 7/23	117/93/71		Failed	OK	24	low	6	OK			
jun 8/23	130/88/69	42	OK	OK			18	OK			
jun 9/23	134/88/68	46	OK	OK			4	OK			club anniversary
jun 10/23	138/85/62	53	OK	OK			7	OK			Donnie & Laura's
jun 11/23	144/86/71	58	OK	OK			5	OK			
jun 12/23	131/88/68	43	OK	OK			15	OK			
jun 13/23	120/85/63	35	OK	OK			8	OK			
jun 14/23	144/88/70	56	OK	OK			21	OK			Scott's birthday
jun 15/23	141/88/77	53	OK	OK			3	OK			
jun 16/23	149/87/67	62	OK	OK			9	OK			
jun 17/23	140/91/72	49	OK	OK			13	OK			Lindsay party
jun 18/23	115/76/76	39	OK	OK			10	OK			Family dinner - Goodfellas
jun 19/23	133/84/79	49	OK	OK			10	OK			
jun 20/23	130/98/74	32	OK	OK			17	OK			
jun 21/23	113/77/72	36	OK	OK			4	OK			Club afternoon
jun 22/23	136/86/67	50	OK	OK			14	OK			Club evening
jun 23/23	140/84/68	56	OK	OK			6	OK			Cambridge
jun 24/23	142/87/74	55	OK	OK			1	OK			Club evening
jun 25/23	135/88/82	47	OK	OK			8	OK			Caesarea
jun 26/23	135/88/70	47	OK	OK			0	OK			
jun 27/23	131/87/63	44	OK	OK			3	OK			club evening
jun 28/23	153/122/71	31	OK	OK			13	OK			tooth ache; dentist app jul 5
jun 29/23	121/86/60	35	OK	OK			4	OK			tooth ache; dentist app jul 5
jun 30/23	138/82/68	56	OK	OK			21	OK			tooth ache; dentist app jul 5
jul 1/23	136/87/72	49	OK	OK			7	OK			tooth ache; dentist app jul 5; club evening
jul 2/23	137/90/71	47	OK	OK			2	OK			tooth ache; dentist app jul 5
jul 3/23	133/88/65	45	OK	OK			2	OK			tooth ache; dentist app jul 5
jul 4/23	138/82/71	56	OK	OK			11	OK			tooth ache; dentist app jul 5
jul 5/23	152/93/76	59	OK	OK			3	OK			tooth pulled
jul 6/23	124/86/65	38	OK	OK			21	OK			
jul 7/23	134/87/60	47	OK	OK			9	OK			Cambridge
jul 8/23	194/96/81		OK	Failed	98	high	51	Failed			club evening
jul 9/23	142/89/68	53	OK	OK			45	Failed			club evening
jul 10/23	132/93/76	39	OK	OK			14	OK			
jul 11/23	140/86/81	54	OK	OK			15	OK			club evening

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
jul 12/23	139/88/86	51	OK	OK			3	OK			visit Eddie haircut; Betty after bank
jul 13/23	139/84/74	55	OK	OK			4	OK			date night; Milestones
jul 14/23	119/83/72	36	OK	OK			19	OK			Cambridge; B & B party
jul 15/23	137/79/79	58	OK	OK			22	OK			
jul 16/23	127/83/69	44	OK	OK			14	OK			
jul 17/23	129/87/83	42	OK	OK			2	OK			2 covid test - both negative
jul 18/23	133/78/69	55	OK	OK			13	OK			
jul 19/23	128/83/68	45	OK	OK			10	OK			
jul 20/23	134/85/70	49	OK	OK			4	OK			
jul 21/23	125/88/71	37	OK	OK			12	OK			
jul 22/23	141/87/71	54	OK	OK			17	OK			Cambridge; B & B
jul 23/23	126/85/80	41	OK	OK			13	OK			visit Marg
jul 24/23	142/89/76	53	OK	OK			12	OK			movie - oppenheimer
jul 25/23	121/87/75	34	OK	OK			19	OK			
jul 26/23	120/79/74	41	OK	OK			7	OK			
jul 27/23	127/78/76	49	OK	OK			8	OK			
jul 28/23	125/93/89	32	OK	OK			17	OK			doctor; visit M & B
jul 29/23	130/85/77	45	OK	OK			13	OK			
jul 30/23	151/88/66	63	OK	OK			18	OK			club - evening
jul 31/23	126/85/72	41	OK	OK			22	OK			
aug 1/23	146/88/71	58	OK	OK			17	OK			club - afternoon
aug 2/23	110/70/76	40	OK	OK			18	OK			club - evening
aug 3/23	132/82/77	50	OK	OK			10	OK			
aug 4/23	152/96/73	56	OK	OK			6	OK			Cambridge - Sideline Sports Bar
aug 5/23	145/98/73	47	OK	OK			9	OK			Party Stratford
aug 6/23	136/84/71	52	OK	OK			5	OK			S & M to visit
aug 7/23	126/90/74	36	OK	OK			16	OK			holiday Monday; visit R & D
aug 8/23	146/98/73	48	OK	OK			12	OK			
aug 9/23	126/85/77	41	OK	OK			7	OK			beach day
aug 10/23	145/127/79		Failed	OK	18	high	23	OK			
aug 11/23	120/84/74	36	OK	OK			18	OK			Richmond hill
aug 12/23	144/89/72	55	OK	OK			19	OK			Donny's party
aug 13/23	131/86/74	45	OK	OK			10	OK			Visit John
aug 14/23	135/85/67	50	OK	OK			5	OK			
aug 15/23	141/99/67	42	OK	OK			8	OK			
aug 16/23	137/89/74	48	OK	OK			6	OK			club - evening
aug 17/23	130/86/66	44	OK	OK			4	OK			tooth fell out
aug 18/23	144/86/72	58	OK	OK			14	OK			dentist
aug 19/23	134/99/69	35	OK	OK			23	OK			boat cruise; club evening
aug 20/23	111/69/66	42	OK	OK			7	OK			bbq backyard
aug 21/23	141/86/76	55	OK	OK			13	OK			club - afternoon
aug 22/23	124/81/64	43	OK	OK			12	OK			
aug 23/23	129/83/69	46	OK	OK			3	OK			
aug 24/23	139/85/73	54	OK	OK			8	OK			club - evening
aug 25/23	138/87/74	51	OK	OK			3	OK			bar
aug 26/23	137/86/69	51	OK	OK			0	OK			
aug 27/23	129/86/71	43	OK	OK			8	OK			beach
aug 28/23	135/83/66	52	OK	OK			9	OK			
aug 29/23	121/85/64	36	OK	OK			16	OK			

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
aug 30/23	150/90/66	60	OK	OK			24	OK			
aug 31/23	128/84/65	44	OK	OK			16	OK			
sep 1/23	140/89/69	51	OK	OK			7	OK			club night
sep 2/23	117/71/72	46	OK	OK			5	OK			
sep 3/23	109/77/73	32	OK	OK			14	OK			movies with Chris
sep 4/23	131/79/70	52	OK	OK			20	OK			
sep 5/23	126/80/72	46	OK	OK			6	OK			
sep 6/23	153/64/98		OK	Failed	89	high	43	Failed			visit Debbie & Chris
sep 7/23	131/86/71	45	OK	OK			44	Failed			
sep 8/23	147/85/68	62	OK	OK			17	OK			bar; Cambridge
sep 9/23	116/79/87	37	OK	OK			25	OK	cold?		club; Cambridge
sep 10/23	138/84/68	54	OK	OK			17	OK	cold gone		
sep 11/23	132/95/71	37	OK	OK			17	OK			
sep 12/23	126/69/71	57	OK	OK			20	OK			dentist consultation
sep 13/23	132/83/71	49	OK	OK			8	OK			club evening
sep 14/23	143/88/74	55	OK	OK			6	OK			
sep 15/23	141/87/72	54	OK	OK			1	OK			club evening
sep 16/23	143/89/69	54	OK	OK			0	OK			party; Waterloo
sep 17/23	124/96/72	28	OK	OK			26	OK			
sep 18/23	137/90/71	47	OK	OK			19	OK			
sep 19/23	129/87/64	42	OK	OK			5	OK			
sep 20/23	143/92/68	51	OK	OK			9	OK			
sep 21/23	106/72/72	34	OK	OK			17	OK			club evening
sep 22/23	144/98/72	46	OK	OK			12	OK			club evening
sep 23/23	139/87/80	52	OK	OK			6	OK			club evening
sep 24/23	138/88/70	50	OK	OK			2	OK			
sep 25/23	140/90/72	50	OK	OK			0	OK			
sep 26/23	127/85/72	42	OK	OK			8	OK			covid test - negative
sep 27/23	142/87/70	55	OK	OK			13	OK			
sep 28/23	126/87/66	39	OK	OK			16	OK			
sep 29/23	134/83/67	51	OK	OK			12	OK			
sep 30/23	143/85/76	58	OK	OK			7	OK			party -
oct 1/23	125/90/73	35	OK	OK			23	OK			
oct 2/23	124/79/74	45	OK	OK			10	OK			
oct 3/23	124/90/75	34	OK	OK			11	OK			dentist; club evening
oct 4/23	146/84/75	62	OK	OK			28	OK			
oct 5/23	127/79/71	48	OK	OK			14	OK			
oct 6/23	122/103/85		Failed	OK	19	low	29	OK			
oct 7/23	133/88/67	45	OK	OK			26	OK			club - evening
oct 8/23	126/84/63	42	OK	OK			3	OK			Thanksgiving dinner
oct 9/23	124/84/70	40	OK	OK			2	OK			club - evening
oct 10/23	128/84/61	44	OK	OK			4	OK			
oct 11/23	148/91/76	57	OK	OK			13	OK			43 anniversary; visit friends
oct 12/23	134/85/81	49	OK	OK			8	OK			dentist
oct 13/23	no reading		Failed	OK			49	Failed		no reading	show
oct 14/23	128/86/72	42	OK	OK			42	Failed			show; party - Uxbridge
oct 15/23	158/95/74	63	OK	OK			21	OK			Marg's cottage
oct 16/23	152/93/74	59	OK	OK			4	OK			canray scan; intro friends
oct 17/23	140/86/74	54	OK	OK			5	OK			club - afternoon

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
oct 18/23	140/85/64	55	OK	OK			1	OK			
oct 19/23	144/89/66	55	OK	OK			0	OK			club - evening
oct 20/23	149/88/70	61	OK	OK			6	OK			
oct 21/23	129/80/69	49	OK	OK			12	OK			party - cambridge
oct 22/23	119/84/87	35	OK	OK			14	OK			dinner - Mandarin
oct 23/23	134/79/78	55	OK	OK			20	OK			car problems
oct 24/23	127/84/68	43	OK	OK			12	OK			car fixed
oct 25/23	144/89/64	55	OK	OK			12	OK			dentist
oct 26/23	146/99/82	47	OK	OK			8	OK			Friends over; club cancelled; car problems
oct 27/23	129/84/66	45	OK	OK			2	OK			car problems
oct 28/23	151/88/69	63	OK	OK			18	OK			car fixed; club afternoon
oct 29/23	152/87/59	65	OK	OK			2	OK			
oct 30/23	132/95/64	37	OK	OK			28	OK			
oct 31/23	140/86/67	54	OK	OK			17	OK			Halloween
nov 1/23	132/88/63	44	OK	OK			10	OK			dentist; cold
nov 2/23	142/85/67	57	OK	OK			13	OK			club - evening; cold
nov 3/23	196/91/75		OK	Failed	105	high	48	Failed			cold
nov 4/23	145/88/66	57	OK	OK			48	Failed			party - cambridge; cold
nov 5/23	138/87/72	51	OK	OK			6	OK			cold
nov 6/23	134/90/67	44	OK	OK			7	OK			cold breaking up
nov 7/23	126/86/73	40	OK	OK			4	OK			cold breaking up
nov 8/23	146/88/62	58	OK	OK			18	OK			
nov 9/23			Failed	OK			58	Failed			no reading; club - evening
nov 10/23	140/83/73	57	OK	OK			57	Failed			
nov 11/23	146/86/68	60	OK	OK			3	OK			club - evening
nov 12/23	126/75/70	51	OK	OK			9	OK			visit Betty/Norm & John-Caesarea
nov 13/23	138/89/69	49	OK	OK			2	OK			
nov 14/23	143/91/67	52	OK	OK			3	OK			
nov 15/23	145/83/71	62	OK	OK			10	OK			dentist
nov 16/23	131/84/68	47	OK	OK			15	OK			club - evening
nov 17/23	146/93/69	53	OK	OK			6	OK			
nov 18/23	135/85/65	50	OK	OK			3	OK			visit Scott
nov 19/23	117/83/60	34	OK	OK			16	OK			not feeling well
nov 20/23	139/84/72	55	OK	OK			21	OK			not feeling well; covid test - negative
nov 21/23	147/85/74	62	OK	OK			7	OK			
nov 22/23	131/87/76	44	OK	OK			18	OK			
nov 23/23	141/93/72	48	OK	OK			4	OK			club - evening
nov 24/23	159/86/69		OK	Failed	73	high	25	OK			covid test - negative
nov 25/23	148/98/66	50	OK	OK			23	OK			
nov 26/23	139/95/68	44	OK	OK			6	OK			
nov 27/23	132/88/70	44	OK	OK			0	OK			
nov 28/23	146/96/66	50	OK	OK			6	OK			
nov 29/23	152/94/65	58	OK	OK			8	OK			
nov 30/23	126/75/68	51	OK	OK			7	OK			club - evening
dec 1/23	126/77/69	49	OK	OK			2	OK			Niagara Falls
dec 2/23			Failed	OK	no reading		49	Failed		no reading	Niagara Falls
dec 3/23	143/85/66	58	OK	OK			58	Failed			
dec 4/23	140/90/71	50	OK	OK			8	OK			
dec 5/23	131/84/62	47	OK	OK			3	OK			club - evening

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
dec 6/23	140/91/67	49	OK	OK			2	OK			
dec 7/23	127/84/62	43	OK	OK			6	OK			club - evening
dec 8/23	144/96/67	48	OK	OK			5	OK			
dec 9/23	142/89/69	53	OK	OK			5	OK			
dec 10/23	145/87/66	58	OK	OK			5	OK			
dec 11/23	131/85/60	46	OK	OK			12	OK			
dec 12/23	135/82/67	53	OK	OK			7	OK			
dec 13/23	138/82/64	56	OK	OK			3	OK			
dec 14/23	133/85/71	48	OK	OK			8	OK			club - evening
dec 15/23	145/92/69	53	OK	OK			5	OK			
dec 16/23	140/84/71	56	OK	OK			3	OK			party - Oshawa
dec 17/23	130/78/72	52	OK	OK			4	OK			Scott & Family visited; M not feeling well
dec 18/23	139/84/68	55	OK	OK			3	OK			M not feeling well
dec 19/23	121/101/68		Failed	OK	20	low	35	Failed		flu	R Temperature
dec 20/23	138/86/68	52	OK	OK			32	Failed		flu	R Temperature normal
dec 21/23	145/92/78	53	OK	OK			1	OK			R Temperature; covid test - negative
dec 22/23	151/86/66	65	OK	OK			12	OK			cold/flu
dec 23/23	154/96/79	58	OK	OK			7	OK			low oxygen reading; covid test - positive
dec 24/23	143/85/73	58	OK	OK			0	OK			covid test - positive
dec 25/23	133/85/79	48	OK	OK			10	OK			Paul visited ; covid test - positive
dec 26/23	137/80/82	57	OK	OK			9	OK			covid test - ambiguous
dec 27/23	147/87/77	60	OK	OK			3	OK			covid test - ambiguous
dec 28/23	131/84/79	47	OK	OK			13	OK			covid test - negative
dec 29/23	141/86/74	55	OK	OK			8	OK			club - evening
dec 30/23	124/80/72	44	OK	OK			11	OK			C,C,B & S.M.Y visit
dec 31/23	134/98/81	36	OK	OK			8	OK			Cambridge party
jan 1/24	138/85/77	53	OK	OK			17	OK			S,M,Y visit
jan 2/24	132/88/78	44	OK	OK			9	OK			Richmond Hill club
jan 3/24	143/92/71	51	OK	OK			7	OK			club - evening
jan 4/24	142/92/70	50	OK	OK			1	OK			
jan 5/24	136/97/71	39	OK	OK			11	OK			club - evening
jan 6/24	139/79/71	60	OK	OK			21	OK			
jan 7/24	132/86/67	46	OK	OK			14	OK			
jan 8/24	132/96/72	36	OK	OK			10	OK			
jan 9/24	130/86/70	44	OK	OK			8	OK			
jan 10/24	142/90/70	52	OK	OK			8	OK			
jan 11/24	138/82/71	56	OK	OK			4	OK			
jan 12/24	143/83/72	60	OK	OK			4	OK			
jan 13/24	144/89/69	55	OK	OK			5	OK			
jan 14/24	165/85/81		OK	Failed	80	high	25	OK			Mandarin with kids
jan 15/24	127/91/89	36	OK	OK				Failed	44		
jan 16/24	135/93/81	42	OK	OK			6	OK			Denny's for b'day lunch
jan 17/24	139/88/73	51	OK	OK			9	OK			club - evening
jan 18/24	150/100/77	50	OK	OK			1	OK			
jan 19/24	127/86/70	41	OK	OK			9	OK			
jan 20/24	132/86/66	46	OK	OK			5	OK			party - Waterloo
jan 21/24	146/89/68	57	OK	OK			11	OK			
jan 22/24	139/77/74	62	OK	OK			5	OK			
jan 23/24	129/88/78	41	OK	OK			21	OK			haircut - Eddie; visit Betty

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
jan 24/24	141/85/71	56	OK	OK			15	OK			
jan 25/24	150/88/72	62	OK	OK			6	OK			
jan 26/24	140/90/67	50	OK	OK			12	OK			
jan 27/24	135/85/68	50	OK	OK			0	OK			
jan 28/24	145/90/72	55	OK	OK			5	OK			
jan 29/24	134/80/67	54	OK	OK			1	OK			
jan 30/24	134/84/73	50	OK	OK			4	OK			
jan 31/24	144/86/70	58	OK	OK			8	OK			visit Marj & Brent
feb 1/24	135/86/76	49	OK	OK			9	OK			dentist
feb 2/24	142/96/69	46	OK	OK			3	OK			
feb 3/24	145/86/69	59	OK	OK			13	OK			club - evening
feb 4/24	123/89/77	34	OK	OK			25	OK			
feb 5/24	130/87/77	43	OK	OK			9	OK			
feb 6/24	143/93/74	50	OK	OK			7	OK			
feb 7/24	131/95/71	36	OK	OK			14	OK			dentist
feb 8/24	176/115/127	61	OK	OK			25	OK			
feb 9/24	147/96/69	51	OK	OK			10	OK			
feb 10/24	132/86/66	46	OK	OK			5	OK			party - Oshawa
feb 11/24	142/87/64	55	OK	OK			9	OK			
feb 12/24	128/84/64	44	OK	OK			11	OK			
feb 13/24	156/95/65	61	OK	OK			17	OK			RBC meeting
feb 14/24	136/92/65	44	OK	OK			17	OK			
feb 15/24	139/86/67	53	OK	OK			9	OK			visit R & L
feb 16/24	154/89/71	65	OK	OK			12	OK			Cora's - L
feb 17/24	146/99/76	47	OK	OK			18	OK			
feb 18/24	134/86/69	48	OK	OK			1	OK			Pete visited
feb 19/24	129/90/71	39	OK	OK			9	OK			visit M & T
feb 20/24	133/81/69	52	OK	OK			13	OK			
feb 21/24	155/89/70	65	OK	OK			13	OK			visit D & C
feb 22/24	141/86/72	55	OK	OK			10	OK			
feb 23/24	121/76/59	45	OK	OK			10	OK			
feb 24/24	146/90/67	56	OK	OK			11	OK			party - uxbridge
feb 25/24	153/91/74	62	OK	OK			6	OK			club - afternoon; slight sore throat
feb 26/24	130/86/67	44	OK	OK			18	OK			club - afternoon
feb 27/24	136/85/68	51	OK	OK			7	OK			
feb 28/24	156/91/65	65	OK	OK			14	OK			club - evening
feb 29/24	170/126/74	44	OK	OK			21	OK			
mar 1/24	137/93/67	44	OK	OK			0	OK			club - evening
mar 2/24	144/92/71	52	OK	OK			8	OK			dinner - cambridge; B & B
mar 3/24	135/89/68	46	OK	OK			6	OK			C & C here
mar 4/24	140/86/69	54	OK	OK			8	OK			best buy new laptop
mar 5/24	140/79/69	61	OK	OK			7	OK			new laptop setup
mar 6/24	141/89/63	52	OK	OK			9	OK			
mar 7/24	144/88/68	56	OK	OK			4	OK			
mar 8/24	145/96/70	49	OK	OK			7	OK			
mar 9/24	142/82/65	60	OK	OK			11	OK			
mar 10/24	139/94/66	45	OK	OK			15	OK			
mar 11/24	138/89/64	49	OK	OK			4	OK			club - evening; Pete
mar 12/24	149/89/74	60	OK	OK			11	OK			

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
mar 13/24	135/84/70	51	OK	OK			9	OK			
mar 14/24	157/60/75		OK	Failed	97	low	46	Failed			
mar 15/24	145/85/65	60	OK	OK			37	Failed			
mar 16/24	139/86/66	53	OK	OK			7	OK			club - oshawa; Pete
mar 17/24	143/88/71	55	OK	OK			2	OK			
mar 18/24	131/90/75	41	OK	OK			14	OK			
mar 19/24	144/85/65	59	OK	OK			18	OK			
mar 20/24	145/99/72	46	OK	OK			13	OK			
mar 21/24	132/85/65	47	OK	OK			1	OK			
mar 22/24	142/96/71	46	OK	OK			1	OK			
mar 23/24	125/78/71	47	OK	OK			1	OK			party - Uxbridge; M & E; Allergic Reaction
mar 24/24	147/93/77	54	OK	OK			7	OK			M & E - Denny's; P visit
mar 25/24	152/96/80	56	OK	OK			2	OK			Club - Evening
mar 26/24	120/107/73		Failed	OK	13	low		Failed	43		Dentist; Club - evening
mar 27/24	113/75/75	38	OK	OK			25	OK			
mar 28/24	138/84/76	54	OK	OK			16	OK			visit R & L; club - evening
mar 29/24	135/95/71	40	OK	OK			14	OK			dental scan
mar 30/24			Failed	OK			40	Failed			Wedding - A & N; no readings
mar 31/24	122/83/81	39	OK	OK			39	Failed			Easter Dinnner - S/M/Y & P
apr 1/24	104/83/85		Failed	OK	21	low	18	OK			high temp; covid test negative
apr 2/24	137/91/73	46	OK	OK			25	OK			
apr 3/24	147/86/69	61	OK	OK			15	OK			
apr 4/24	139/92/70	47	OK	OK			14	OK			
apr 5/24	130/86/70	44	OK	OK			3	OK			
apr 6/24	148/92/77	56	OK	OK			12	OK			
apr 7/24	133/83/85	50	OK	OK			6	OK			
apr 8/24	144/96/71	48	OK	OK			2	OK			
apr 9/24	141/86/74	55	OK	OK			7	OK			
apr 10/24	130/96/72	34	OK	OK			21	OK			club - evening
apr 11/24	140/83/70	57	OK	OK			23	OK			tests @ hospital
apr 12/24	144/95/83	49	OK	OK			8	OK			club - Richmond Hill
apr 13/24	134/85/68	50	OK	OK			1	OK			party - barrie
apr 14/24	149/83/78	66	OK	OK			16	OK			visit D&C/B&N
apr 15/24	129/85/73	44	OK	OK			22	OK			Electrican ?? Home repairs; club evening
apr 16/24	148/98/94	50	OK	OK			6	OK			
apr 17/24	136/96/69	40	OK	OK			10	OK			
apr 18/24	152/90/66	62	OK	OK			22	OK			
apr 19/24	144/91/70	53	OK	OK			9	OK			
apr 20/24	160/92/69	68	OK	OK			15	OK			party - uxbridge
apr 21/24	146/86/68	60	OK	OK			8	OK			visit S/M/Y
apr 22/24	134/86/83	48	OK	OK			12	OK			
apr 23/24	143/97/74	46	OK	OK			2	OK			
apr 24/24	147/91/70	56	OK	OK			10	OK			
apr 25/24	132/85/65	47	OK	OK			9	OK			
apr 26/24	145/88/67	57	OK	OK			10	OK			bar - Cambridge
apr 27/24	135/88/65	47	OK	OK			10	OK			party - Cambridge
apr 28/24	140/81/73	59	OK	OK			12	OK			party Scott's
apr 29/24	130/90/71	40	OK	OK			19	OK			club - afternoon
apr 30/24	128/85/66	43	OK	OK			3	OK			

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
may 1/24	142/93/88	49	OK	OK			6	OK			dentist
may 2/24	133/87/76	46	OK	OK			3	OK			
may 3/24	144/96/67	48	OK	OK			2	OK			Boston Pizza; club - afternoon
may 4/24	147/82/69	65	OK	OK			17	OK			
may 5/24	126/78/68	48	OK	OK			17	OK			property: subway shop - Brampton
may 6/24	156/87/71	69	OK	OK			21	OK			
may 7/24	143/88/73	55	OK	OK			14	OK			covid test - negative; high temperature
may 8/24	154/86/72	68	OK	OK			13	OK			
may 9/24	156/95/73	61	OK	OK			7	OK			
may 10/24	133/89/63	44	OK	OK			17	OK			bar - cambridge
may 11/24	160/89/69		OK	Failed	71	high	27	OK			party - uxbridge
may 12/24	122/85/76	37	OK	OK			34	Failed			S/M/Y - here
may 13/24	138/89/72	49	OK	OK			12	OK			club - evening
may 14/24	129/96/69	33	OK	OK			16	OK			
may 15/24	99/77/93		Failed	OK	22	low	11	OK			
may 16/24	132/85/78	47	OK	OK			25	OK			
may 17/24	130/87/73	43	OK	OK			4	OK			
may 18/24	136/86/78	50	OK	OK			7	OK			Lillian visited
may 19/24	134/77/73	57	OK	OK			7	OK			
may 20/24	150/81/76	69	OK	OK			12	OK			
may 21/24	139/80/75	59	OK	OK			10	OK			visited Debbie & Chris
may 22/24	119/76/78	43	OK	OK			16	OK			
may 23/24	143/88/78	55	OK	OK			12	OK			covid test - negative; high temperature
may 24/24	141/86/67	55	OK	OK			0	OK			
may 25/24	140/91/64	49	OK	OK			6	OK			party - Waterloo
may 26/24	127/87/74	40	OK	OK			9	OK			betty & norm visited
may 27/24	151/89/73	62	OK	OK			22	OK			club - Richmond hill
may 28/24	135/88/67	47	OK	OK			15	OK			
may 29/24	129/91/70	38	OK	OK			9	OK			
may 30/24	162/135/154	27	OK	OK			11	OK			babysit - Yolisa
may 31/24			Failed	OK			27	OK			no reading - met new friends
jun 1/24	123/86/75	37	OK	OK			10	OK			
jun 2/24	133/86/75	47	OK	OK			10	OK			drive to property
jun 3/24	145/91/65	54	OK	OK			7	OK			wife visited friend
jun 4/24	142/86/77	56	OK	OK			2	OK			temperature up
jun 5/24	139/92/73	47	OK	OK			9	OK			temperature up
jun 6/24	144/80/73	64	OK	OK			17	OK			test @ hosp; babysit Yolisa
jun 7/24	141/91/71	50	OK	OK			14	OK			
jun 8/24			Failed	OK			50	Failed			no reading - property work
jun 9/24	127/83/66	44	OK	OK			6	OK			
jun 10/24	142/85/76	47	OK	OK			3	OK			
jun 11/24	140/86/66	54	OK	OK			7	OK			
jun 12/24	130/93/87	37	OK	OK			17	OK			property work
jun 13/24	137/81/68	56	OK	OK			19	OK			hair cut - Cannington
jun 14/24	131/82/71	49	OK	OK			7	OK			Son's birthday
jun 15/24	144/86/69	58	OK	OK			9	OK			See S/Y/M ; party - Cambridge
jun 16/24	125/73/78	52	OK	OK			6	OK			See C/B/C - Fathers Day
jun 17/24	134/83/70	51	OK	OK			1	OK			
jun 18/24	125/84/71	41	OK	OK			10	OK			

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
jun 19/24	134/79/80	55	OK	OK			14	OK			
jun 20/24	136/85/81	51	OK	OK			4	OK			
jun 21/24	126/86/73	40	OK	OK			11	OK			club - Richmond Hill
jun 22/24	128/85/72	43	OK	OK			3	OK			Wedding Shower; Party - Cambridge
jun 23/24	126/88/71	38	OK	OK			5	OK			Club- Richond Hill; Pete - here
jun 24/24	142/85/78	57	OK	OK			19	OK			
jun 25/24	143/93/68	50	OK	OK			7	OK			
jun 26/24	149/85/75	64	OK	OK			14	OK			temperature up
jun 27/24	145/84/67	61	OK	OK			3	OK			Port Burwell
jun 28/24	145/90/71	55	OK	OK			6	OK			sat in dr's office
jun 29/24	161/81/75		OK	Failed	80	high	25	OK			
jun 30/24	143/86/73	57	OK	OK			23	OK			visit S/M/Y
jul 1/24	137/85/72	52	OK	OK			5	OK			
jul 2/24	148/90/90	58	OK	OK			6	OK			temperature up slightly
jul 3/24	133/86/78	47	OK	OK			11	OK			
jul 4/24	135/86/81	49	OK	OK			2	OK			
jul 5/24	163/93/70	70	OK	OK			21	OK			
jul 6/24	135/84/69	51	OK	OK			19	OK			visit Pete
jul 7/24	126/84/73	42	OK	OK			9	OK			visit property
jul 8/24	129/82/74	47	OK	OK			5	OK			
jul 9/24	134/83/73	51	OK	OK			4	OK			dentist; Richmond hill
jul 10/24	126/86/78	40	OK	OK			11	OK			
jul 11/24	136/84/68	52	OK	OK			12	OK			
jul 12/24	130/85/89	45	OK	OK			7	OK			
jul 13/24	138/88/73	50	OK	OK			5	OK			party - Uxbridge
jul 14/24	123/82/76	41	OK	OK			9	OK			
jul 15/24	142/89/78	53	OK	OK			12	OK			ct scan; Denny's lunch
jul 16/24	135/84/72	51	OK	OK			2	OK			
jul 17/24	133/92/78	41	OK	OK			10	OK			
jul 18/24	127/95/64	32	OK	OK			9	OK			
jul 19/24	145/86/72	59	OK	OK			27	OK			
jul 20/24	123/79/73	44	OK	OK			15	OK			
jul 21/24	134/85/76	49	OK	OK			5	OK			
jul 22/24	134/89/74	45	OK	OK			4	OK			club - evening
jul 23/24	131/85/69	46	OK	OK			1	OK			
jul 24/24	135/76/72	59	OK	OK			13	OK			
jul 25/24	125/91/69	34	OK	OK			25	OK			
jul 26/24	133/80/65	53	OK	OK			19	OK			
jul 27/24			Failed	OK			53	Failed	no reading		b'day party Toronto & Waterloo
jul 28/24	126/82/74	44	OK	OK			44	Failed			property - work
jul 29/24	120/79/72	41	OK	OK			3	OK			
jul 30/24	116/80/71	36	OK	OK			5	OK			phone appointment
jul 31/24	121/80/76	41	OK	OK			5	OK			
aug 1/24	131/79/68	52	OK	OK			11	OK			
aug 2/24	134/78/74	56	OK	OK			4	OK			dentist appointment
aug 3/24	117/78/81	39	OK	OK			17	OK			party - Cambridge
aug 4/24	142/86/73	56	OK	OK			17	OK			club
aug 5/24	145/88/65	57	OK	OK			1	OK			
aug 6/24	128/78/77	50	OK	OK			7	OK			dentist

Ron's Blood Pressure

Test Date	sys/dia/pul	sys-dia	Low	High	Outliers	notes	Range	Limit	Outliers	Notes	Comments / CAP
aug 7/24	117/84/63	33	OK	OK			17	OK			
aug 8/24	133/84/73	49	OK	OK			16	OK			
aug 9/24	116/86/73	30	OK	OK			19	OK			
aug 10/24	140/85/70	55	OK	OK			25	OK			club
aug 11/24	130/84/71	46	OK	OK			9	OK			family picnic; party - Uxbridge
aug 12/24	134/84/68	50	OK	OK			4	OK			
aug 13/24	124/83/71	41	OK	OK			9	OK			
aug 14/24	134/86/79	48	OK	OK			7	OK			
aug 15/24	127/82/72	45	OK	OK			3	OK			
aug 16/24	113/90/72		Failed	OK	23	low	22	OK			
aug 17/24	114/83/72	31	OK	OK			8	OK			boat cruise
aug 18/24	118/78/80	40	OK	OK			9	OK			property work
aug 19/24	112/87/87		Failed	OK	25	low	15	OK			
aug 20/24	129/84/61	45	OK	OK			20	OK			
aug 21/24	136/87/62	49	OK	OK			4	OK			
aug 22/24	145/79/67	66	OK	OK			17	OK			
aug 23/24	128/81/62	47	OK	OK			19	OK			
aug 24/24	136/85/65	51	OK	OK			4	OK			
aug 25/24	121/81/75	40	OK	OK			11	OK			back yard bbq - kids
aug 26/24	123/70/76	53	OK	OK			13	OK			
aug 27/24	107/78/78	29	OK	OK			24	OK			almost passed out during walk. Club evening
aug 28/24	119/73/67	46	OK	OK			17	OK			visit D & D
aug 29/24	131/83/70	48	OK	OK			2	OK			club evening
aug 30/24	120/76/65	44	OK	OK			4	OK			club evening
aug 31/24	145/83/68	62	OK	OK			18	OK			club afternoon
sep 1/24	125/82/69	43	OK	OK			19	OK			property work
sep 2/24	117/84/71	33	OK	OK			10	OK			
sep 3/24	133/84/71	49	OK	OK			16	OK			
sep 4/24	127/83/69	44	OK	OK			5	OK			
sep 5/24	130/82/69	48	OK	OK			4	OK			visit Lillian - hospital
sep 6/24	127/81/62	46	OK	OK			2	OK			
sep 7/24	133/84/61	49	OK	OK			3	OK			party - Uxbridge
sep 8/24	139/78/66	61	OK	OK			12	OK			visit Marg
sep 9/24	140/92/68	48	OK	OK			13	OK			
sep 10/24	132/83/71	49	OK	OK			1	OK			
sep 11/24	133/79/78	54	OK	OK			5	OK			denny's with Lillian
sep 12/24	140/89/77	51	OK	OK			3	OK			visit Aunt & Uncle
sep 13/24	124/76/72	48	OK	OK			3	OK			Bar - Cambridge & B/B
sep 14/24	119/81/78	38	OK	OK			10	OK			
sep 15/24	126/72/77	54	OK	OK			16	OK			club - evening
sep 16/24	126/89/72	37	OK	OK			17	OK			
sep 17/24	141/85/76	56	OK	OK			19	OK			
sep 18/24	104/82/88		Failed	OK	22	low	34	Failed			Peterborough visitation M's Aunt, Port Perry dinner
sep 19/24	141/85/71	56	OK	OK			34	Failed			club - evening
sep 20/24	120/79/73	41	OK	OK			15	OK			
Sep 21/24			Failed	OK			41	Failed			party - Waterloo
Sep 22/24			Failed	OK			0	OK			Pioneer Village
			Failed	OK			0	OK			
			Failed	OK			0	OK			

