

	week
weight.	notes

December2025

29	✱ 08:04 — 12:25 — 16:46 › (8.67) 12:34 — 02:06 weight blood pressure	Monday	notes
30	✱ 08:05 — 12:26 — 16:47 › (9.76) 13:00 — 03:27 weight blood pressure	Tuesday	notes
31	✱ 08:05 — 12:26 — 16:48 › (10.77) 13:35 — 04:51 weight blood pressure	Wednesday	notes
01	✱ 08:05 — 12:27 — 16:49 › (11.86) 14:23 — 06:15 weight blood pressure	Thursday	notes
02	✱ 08:05 — 12:27 — 16:50 › (12.94) 15:26 — 07:30 weight blood pressure	Friday	notes
03	✱ 08:05 — 12:27 — 16:51 › (13.96) 16:43 — 08:30 weight blood pressure	Saturday	notes
04	✱ 08:05 — 12:28 — 16:52 ○ (15.04) 18:05 — 09:15 weight blood pressure	Sunday	notes
week			
weight		notes	

January2026

12	✱ 08:02 — 12:31 — 17:01 ℄ (22.59) 02:30 — 12:01 weight blood pressure	Monday	notes
13	✱ 08:02 — 12:32 — 17:02 ℄ (23.44) 03:37 — 12:26 weight blood pressure	Tuesday	notes
14	✱ 08:01 — 12:32 — 17:03 ℄ (24.3) 04:43 — 12:57 weight blood pressure	Wednesday	notes
15	✱ 08:01 — 12:32 — 17:05 ℄ (25.16) 05:46 — 13:38 weight blood pressure	Thursday	notes
16	✱ 08:00 — 12:33 — 17:06 ℄ (26.01) 06:43 — 14:28 weight blood pressure	Friday	notes
17	✱ 08:00 — 12:33 — 17:07 ℄ (26.87) 07:30 — 15:29 weight blood pressure	Saturday	notes
18	✱ 07:59 — 12:33 — 17:09 ℄ (27.72) 08:09 — 16:37 weight blood pressure	Sunday	notes
week			
weight		notes	

April2026

30	✱ 07:08 — 13:28 — 19:49 › (11.54) 17:11 — 06:02 weight blood pressure	Monday	notes
31	✱ 07:06 — 13:27 — 19:50 › (12.56) 18:22 — 06:19 weight blood pressure	Tuesday	notes
01	✱ 07:04 — 13:27 — 19:51 › (13.49) 19:31 — 06:36 weight blood pressure	Wednesday	notes
02	✱ 07:02 — 13:27 — 19:52 ○ (14.42) 20:40 — 06:53 weight blood pressure	Thursday	notes
03	✱ 07:00 — 13:27 — 19:54 ○ (15.28) 21:49 — 07:10 weight blood pressure	Friday	notes
04	✱ 06:58 — 13:26 — 19:55 ○ (16.21) 22:58 — 07:31 weight blood pressure	Saturday	notes
05	✱ 06:56 — 13:26 — 19:56 ○ (17.07) 00:06 — 07:55 weight blood pressure	Sunday	notes
week			
weight		notes	

March2026

16	✱ 06:34 — 12:32 — 18:30 ℄ (25.47) 05:32 — 15:37 weight blood pressure	Monday	notes
17	✱ 06:33 — 12:32 — 18:31 ℄ (26.48) 05:52 — 16:51 weight blood pressure	Tuesday	notes
18	✱ 06:31 — 12:31 — 18:33 ℄ (27.41) 06:11 — 18:07 weight blood pressure	Wednesday	notes
19	✱ 06:29 — 12:31 — 18:34 ● (0.42) 06:29 — 19:24 weight blood pressure	Thursday	notes
20	✱ 06:27 — 12:31 — 18:35 ● (1.43) 06:48 — 20:43 weight blood pressure	Friday	notes
21	✱ 06:25 — 12:30 — 18:37 ● (2.52) 07:10 — 22:06 weight blood pressure	Saturday	notes
22	✱ 06:23 — 12:30 — 18:38 ● (3.53) 07:36 — 23:29 weight blood pressure	Sunday	notes
week			
weight		notes	

March2026

09	✱ 06:48 — 12:34 — 18:20 ○ (19.4) — 08:54	Monday
weight	blood pressure	notes
10	✱ 06:46 — 12:34 — 18:22 ○ (20.26) 01:20 — 09:27	Tuesday
weight	blood pressure	notes
11	✱ 06:44 — 12:33 — 18:23 ☾ (21.11) 02:22 — 10:09	Wednesday
weight	blood pressure	notes
12	✱ 06:42 — 12:33 — 18:25 ☾ (21.97) 03:17 — 11:02	Thursday
weight	blood pressure	notes
13	✱ 06:40 — 12:33 — 18:26 ☾ (22.82) 04:02 — 12:03	Friday
weight	blood pressure	notes
14	✱ 06:38 — 12:32 — 18:27 ☾ (23.68) 04:39 — 13:11	Saturday
weight	blood pressure	notes
15	✱ 06:36 — 12:32 — 18:29 ☾ (24.53) 05:08 — 14:23	Sunday
weight	blood pressure	notes
		week
weight		notes

February2026

23	✱ 07:13 — 12:37 — 18:01 ● (5.94) 09:34 —	Monday
weight	blood pressure	notes
24	✱ 07:11 — 12:36 — 18:02 ● (6.96) 10:10 — 01:43	Tuesday
weight	blood pressure	notes
25	✱ 07:09 — 12:36 — 18:04 ☾ (7.97) 10:59 — 03:00	Wednesday
weight	blood pressure	notes
26	✱ 07:08 — 12:36 — 18:05 ☾ (8.98) 12:02 — 04:08	Thursday
weight	blood pressure	notes
27	✱ 07:06 — 12:36 — 18:07 ☾ (9.99) 13:15 — 05:02	Friday
weight	blood pressure	notes
28	✱ 07:04 — 12:36 — 18:08 ☾ (11.0) 14:35 — 05:42	Saturday
weight	blood pressure	notes
01	✱ 07:02 — 12:36 — 18:09 ☾ (12.01) 15:55 — 06:13	Sunday
weight	blood pressure	notes
		week
weight		notes

January2026

19	✱ 07:58 — 12:34 — 17:10 ● (0.58) 08:39 — 17:48	Monday
weight	blood pressure	notes
20	✱ 07:57 — 12:34 — 17:11 ● (1.51) 09:04 — 19:01	Tuesday
weight	blood pressure	notes
21	✱ 07:57 — 12:34 — 17:13 ● (2.44) 09:24 — 20:14	Wednesday
weight	blood pressure	notes
22	✱ 07:56 — 12:35 — 17:14 ● (3.38) 09:43 — 21:26	Thursday
weight	blood pressure	notes
23	✱ 07:55 — 12:35 — 17:16 ● (4.31) 10:00 — 22:39	Friday
weight	blood pressure	notes
24	✱ 07:54 — 12:35 — 17:17 ● (5.32) 10:18 — 23:54	Saturday
weight	blood pressure	notes
25	✱ 07:53 — 12:35 — 17:18 ● (6.26) 10:38 —	Sunday
weight	blood pressure	notes
		week
weight		notes

February2026

02	✱ 07:44 — 12:37 — 17:30 ○ (14.5) 18:18 — 08:12	Monday
weight	blood pressure	notes
03	✱ 07:43 — 12:37 — 17:32 ○ (15.51) 19:35 — 08:34	Tuesday
weight	blood pressure	notes
04	✱ 07:42 — 12:37 — 17:33 ○ (16.52) 20:48 — 08:53	Wednesday
weight	blood pressure	notes
05	✱ 07:40 — 12:37 — 17:35 ○ (17.46) 21:58 — 09:09	Thursday
weight	blood pressure	notes
06	✱ 07:39 — 12:37 — 17:36 ○ (18.39) 23:07 — 09:26	Friday
weight	blood pressure	notes
07	✱ 07:38 — 12:37 — 17:37 ○ (19.32) 00:15 — 09:43	Saturday
weight	blood pressure	notes
08	✱ 07:36 — 12:37 — 17:39 ○ (20.18) — 10:03	Sunday
weight	blood pressure	notes
		week
weight		notes

26 ✱ 07:52 – 12:36 – 17:20 ☾ (7.27) 11:01 – 01:12 . . . Monday
weight . . . blood pressure notes

27 ☼ 07:51 – 12:36 – 17:21 ☾ (8.28) 11:32 – 02:33 Tuesday
weight blood pressure notes

28 ✱ 07:50 – 12:36 – 17:23 ☾ (9.37) 12:12 – 03:55 Wednesday
weight blood pressure notes

29 * 07:49 – 12:36 – 17:24 ☾ (10.38) 13:07 – 05:11 Thursday
weight blood pressure notes

30 * 07:48 – 12:36 – 17:26 ☾ (11.39) 14:16 – 06:16 Friday
weight blood pressure notes

31 * 07:47 – 12:37 – 17:27 ☾ (12.48) 15:35 – 07:06 . . . Saturday
weight blood pressure notes

01 ✱ 07:45 — 12:37 — 17:29 ☽ (13.49) 16:58 — 07:44 Sunday
weight blood pressure notes

weight	week	notes

09 * 07:35 - 12:37 - 17:40 (21.03) 01:23 - 10:26 Monday
weight blood pressure notes

10 * 07:34 - 12:37 - 17:42 (21.89) 02:30 - 10:55 Tuesday
weight blood pressure notes

11 ✱ 07:32 – 12:37 – 17:43 ☾ (22.67) 03:35 – 11:32. **Wednesday**
 weight blood pressure notes

12 ☼ 07:31 – 12:37 – 17:45 ☾ (23.52) 04:34 – 12:18 . . . Thursday
weight blood pressure notes

13 * 07:29 - 12:37 - 17:46 ☾ (24.38) 05:25 - 13:15 ☽ Friday
weight blood pressure notes

14 ✱ 07:28 – 12:37 – 17:48 (25.23) 06:07 – 14:20 **Saturday**

15 * 07:26 – 12:37 – 17:49 (26,17) 06:40 – 15:31 Sunday

_____ week

02 ✱ 07:01 – 12:35 – 18:11 ☾ (13.02) 17:12 – 06:37 . . . Monday
weight . . . blood pressure notes

03 ☼ 06:59 – 12:35 – 18:12 ☾ (13.96) 18:26 – 06:56 Tuesday
weight blood pressure notes

04 ☼ 06:57 – 12:35 – 18:14 ○ (14.97) 19:38 – 07:14 Wednesday
weight blood pressure notes

05 * 06:55 – 12:35 – 18:15 ○ (15.9) 20:47 – 07:30 Thursday
weight blood pressure notes

06 * 06:53 – 12:35 – 18:16 ○ (16.83) 21:57 – 07:47 Friday
 weight blood pressure notes

07 * 06:51 – 12:34 – 18:18 ○ (17.69) 23:06 – 08:06 Saturday
weight blood pressure notes

08 * 06:50 — 12:34 — 18:19 ○ (18.62) 00:14 — 08:28 Sunday
weight blood pressure notes

weight week

16 * 07:24 - 12:37 - 17:51 (27.02) 07:07 - 16:45 Monday
weight blood pressure notes

17 * 07:23 – 12:37 – 17:52 (27.96) 07:29 – 17:59 Tuesday
weight blood pressure notes

18 * 07:21 – 12:37 – 17:54 ● (0.97) 07:48 – 19:13 Wednesday
weight blood pressure notes

19 ✱ 07:20 – 12:37 – 17:55 ● (1.9) 08:06 – 20:27 Thursday
weight blood pressure notes

20 ✱ 07:18 — 12:37 — 17:57 ● (2.91) 08:24 — 21:43 Friday
weight blood pressure notes

21 ✱ 07:16 – 12:37 – 17:58 ● (3,92) 08:43 – 23:01 . . . Saturday

22 * 07:15 – 12:37 – 17:59 ● (4.93) 09:06 – 00:22 Sunday

_____ week

July2026	
27	Monday
※ 06:01 — 13:30 — 20:58	12.17 20:09 — 03:20
weight	blood pressure
28	Tuesday
※ 06:02 — 13:30 — 20:57	13.02 20:42 — 04:22
weight	blood pressure
29	Wednesday
※ 06:03 — 13:30 — 20:56	13.96 21:09 — 05:30
weight	blood pressure
30	Thursday
※ 06:04 — 13:30 — 20:55	14.81 21:31 — 06:39
weight	blood pressure
31	Friday
※ 06:05 — 13:30 — 20:53	15.67 21:50 — 07:49
weight	blood pressure
01	Saturday
※ 06:06 — 13:30 — 20:52	16.6 22:08 — 08:58
weight	blood pressure
02	Sunday
※ 06:07 — 13:30 — 20:51	17.53 22:24 — 10:08
weight	blood pressure
week	
weight	notes

July2026	
13	Monday
※ 05:46 — 13:29 — 21:11	26.87 03:59 — 20:56
weight	blood pressure
14	Tuesday
※ 05:47 — 13:29 — 21:11	27.96 05:18 — 21:40
weight	blood pressure
15	Wednesday
※ 05:48 — 13:29 — 21:10	1.04 06:44 — 22:12
weight	blood pressure
16	Thursday
※ 05:49 — 13:29 — 21:09	2.13 08:08 — 22:37
weight	blood pressure
17	Friday
※ 05:50 — 13:29 — 21:08	3.22 09:28 — 22:57
weight	blood pressure
18	Saturday
※ 05:51 — 13:29 — 21:07	4.23 10:44 — 23:15
weight	blood pressure
19	Sunday
※ 05:52 — 13:30 — 21:07	5.24 11:56 — 23:33
weight	blood pressure
week	
weight	notes

April2026	
13	Monday
※ 06:41 — 13:24 — 20:07	23.91 04:54 — 15:28
weight	blood pressure
14	Tuesday
※ 06:40 — 13:24 — 20:08	24.92 05:13 — 16:42
weight	blood pressure
15	Wednesday
※ 06:38 — 13:23 — 20:10	25.93 05:31 — 17:57
weight	blood pressure
16	Thursday
※ 06:36 — 13:23 — 20:11	26.94 05:50 — 19:16
weight	blood pressure
17	Friday
※ 06:34 — 13:23 — 20:12	27.96 06:11 — 20:39
weight	blood pressure
18	Saturday
※ 06:33 — 13:23 — 20:13	1.04 06:36 — 22:05
weight	blood pressure
19	Sunday
※ 06:31 — 13:22 — 20:15	2.13 07:08 — 23:30
weight	blood pressure
week	
weight	notes

May2026	
27	Monday
※ 06:17 — 13:21 — 20:25	10.22 16:12 — 04:26
weight	blood pressure
28	Tuesday
※ 06:16 — 13:21 — 20:26	11.16 17:20 — 04:43
weight	blood pressure
29	Wednesday
※ 06:14 — 13:21 — 20:28	12.09 18:28 — 04:59
weight	blood pressure
30	Thursday
※ 06:13 — 13:20 — 20:29	12.94 19:37 — 05:16
weight	blood pressure
01	Friday
※ 06:11 — 13:20 — 20:30	13.88 20:45 — 05:36
weight	blood pressure
02	Saturday
※ 06:10 — 13:20 — 20:32	14.73 21:53 — 05:59
weight	blood pressure
03	Sunday
※ 06:08 — 13:20 — 20:33	15.59 22:58 — 06:27
weight	blood pressure
week	
weight	notes

April2026

20	✱ 06:29 — 13:22 — 20:16 ● (3.14) 07:50 — 00:48	Monday
weight	blood pressure	notes
21	✱ 06:27 — 13:22 — 20:17 ● (4.23) 08:46 — 01:53	Tuesday
weight	blood pressure	notes
22	✱ 06:26 — 13:22 — 20:19 ● (5.32) 09:55 —	Wednesday
weight	blood pressure	notes
23	✱ 06:24 — 13:22 — 20:20 ● (6.33) 11:12 — 02:42	Thursday
weight	blood pressure	notes
24	✱ 06:22 — 13:21 — 20:21 ↻ (7.34) 12:31 — 03:18	Friday
weight	blood pressure	notes
25	✱ 06:21 — 13:21 — 20:23 ↻ (8.28) 13:48 — 03:46	Saturday
weight	blood pressure	notes
26	✱ 06:19 — 13:21 — 20:24 ↻ (9.29) 15:01 — 04:07	Sunday
weight	blood pressure	notes
	week	
weight	notes	

May2026

04	✱ 06:07 — 13:20 — 20:34 ○ (16.44) 23:58 — 07:03	Monday
weight	blood pressure	notes
05	✱ 06:05 — 13:20 — 20:35 ○ (17.22) 00:50 — 07:47	Tuesday
weight	blood pressure	notes
06	✱ 06:04 — 13:20 — 20:37 ○ (18.08) 01:33 — 08:41	Wednesday
weight	blood pressure	notes
07	✱ 06:02 — 13:20 — 20:38 ○ (18.93) — 09:43	Thursday
weight	blood pressure	notes
08	✱ 06:01 — 13:20 — 20:39 ○ (19.79) 02:07 — 10:49	Friday
weight	blood pressure	notes
09	✱ 06:00 — 13:20 — 20:40 ○ (20.64) 02:34 — 11:59	Saturday
weight	blood pressure	notes
10	✱ 05:58 — 13:20 — 20:42 ☾ (21.5) 02:56 — 13:09	Sunday
weight	blood pressure	notes
	week	
weight	notes	

July2026

20	✱ 05:53 — 13:30 — 21:06 ● (6.18) 13:07 — 23:51	Monday
weight	blood pressure	notes
21	✱ 05:54 — 13:30 — 21:05 ↻ (7.11) 14:16 — 00:11	Tuesday
weight	blood pressure	notes
22	✱ 05:55 — 13:30 — 21:04 ↻ (7.97) 15:25 — 00:34	Wednesday
weight	blood pressure	notes
23	✱ 05:56 — 13:30 — 21:03 ↻ (8.82) 16:32 — 01:03	Thursday
weight	blood pressure	notes
24	✱ 05:57 — 13:30 — 21:02 ↻ (9.68) 17:37 — 01:40	Friday
weight	blood pressure	notes
25	✱ 05:58 — 13:30 — 21:01 ↻ (10.53) 18:36 —	Saturday
weight	blood pressure	notes
26	✱ 05:59 — 13:30 — 20:59 ↻ (11.39) 19:27 — 02:25	Sunday
weight	blood pressure	notes
	week	
weight	notes	

July2026

06	✱ 05:41 — 13:28 — 21:15 ○ (19.71) 00:18 — 12:16	Monday
weight	blood pressure	notes
07	✱ 05:41 — 13:28 — 21:15 ○ (20.72) 00:36 — 13:28	Tuesday
weight	blood pressure	notes
08	✱ 05:42 — 13:28 — 21:14 ☾ (21.66) 00:58 — 14:43	Wednesday
weight	blood pressure	notes
09	✱ 05:43 — 13:28 — 21:14 ☾ (22.67) 01:26 — 16:03	Thursday
weight	blood pressure	notes
10	✱ 05:44 — 13:29 — 21:13 ☾ (23.68) — 17:25	Friday
weight	blood pressure	notes
11	✱ 05:44 — 13:29 — 21:13 ☾ (24.77) 02:03 — 18:46	Saturday
weight	blood pressure	notes
12	✱ 05:45 — 13:29 — 21:12 ☾ (25.78) 02:53 — 19:59	Sunday
weight	blood pressure	notes
	week	
weight	notes	

June2026

29	✱ 05:36 — 13:27 — 21:17 🕒 (13.57) 21:30 — 04:31	Monday
weight	blood pressure	notes
30	✱ 05:37 — 13:27 — 21:17 ◯ (14.42) 22:08 — 05:28	Tuesday
weight	blood pressure	notes
01	✱ 05:37 — 13:27 — 21:17 ◯ (15.28) 22:40 — 06:32	Wednesday
weight	blood pressure	notes
02	✱ 05:38 — 13:27 — 21:16 ◯ (16.13) 23:04 — 07:40	Thursday
weight	blood pressure	notes
03	✱ 05:39 — 13:27 — 21:16 ◯ (17.07) 23:25 — 08:49	Friday
weight	blood pressure	notes
04	✱ 05:39 — 13:28 — 21:16 ◯ (17.92) 23:44 — 09:58	Saturday
weight	blood pressure	notes
05	✱ 05:40 — 13:28 — 21:15 ◯ (18.86) 00:01 — 11:06	Sunday
weight	blood pressure	notes
	week	
weight	notes	

June2026

15	✱ 05:33 — 13:24 — 21:15 ● (0.34) 05:13 — 22:18	Monday
weight	blood pressure	notes
16	✱ 05:33 — 13:24 — 21:15 ● (1.43) 06:27 — 23:09	Tuesday
weight	blood pressure	notes
17	✱ 05:33 — 13:24 — 21:15 ● (2.52) 07:50 — 23:46	Wednesday
weight	blood pressure	notes
18	✱ 05:33 — 13:24 — 21:16 ● (3.61) 09:14 — 00:14	Thursday
weight	blood pressure	notes
19	✱ 05:33 — 13:24 — 21:16 ● (4.62) 10:35 — 00:35	Friday
weight	blood pressure	notes
20	✱ 05:33 — 13:25 — 21:16 ● (5.63) 11:50 — 00:54	Saturday
weight	blood pressure	notes
21	✱ 05:33 — 13:25 — 21:17 ● (6.64) 13:02 — 01:11	Sunday
weight	blood pressure	notes
	week	
weight	notes	

May2026

11	✱ 05:57 — 13:20 — 20:43 ☾ (22.43) 03:16 — 14:20	Monday
weight	blood pressure	notes
12	✱ 05:56 — 13:20 — 20:44 ☾ (23.44) 03:34 — 15:33	Tuesday
weight	blood pressure	notes
13	✱ 05:55 — 13:20 — 20:45 ☾ (24.38) 03:52 — 16:49	Wednesday
weight	blood pressure	notes
14	✱ 05:53 — 13:20 — 20:47 ☾ (25.47) 04:11 — 18:08	Thursday
weight	blood pressure	notes
15	✱ 05:52 — 13:20 — 20:48 ☾ (26.48) 04:34 — 19:32	Friday
weight	blood pressure	notes
16	✱ 05:51 — 13:20 — 20:49 ☾ (27.57) 05:02 — 20:59	Saturday
weight	blood pressure	notes
17	✱ 05:50 — 13:20 — 20:50 ● (0.66) 05:40 — 22:23	Sunday
weight	blood pressure	notes
	week	
weight	notes	

May2026

25	✱ 05:42 — 13:20 — 20:59 🕒 (8.9) 15:13 — 02:49	Monday
weight	blood pressure	notes
26	✱ 05:41 — 13:20 — 21:00 🕒 (9.83) 16:21 — 03:06	Tuesday
weight	blood pressure	notes
27	✱ 05:40 — 13:20 — 21:01 🕒 (10.69) 17:28 — 03:23	Wednesday
weight	blood pressure	notes
28	✱ 05:40 — 13:20 — 21:02 🕒 (11.62) 18:36 — 03:41	Thursday
weight	blood pressure	notes
29	✱ 05:39 — 13:21 — 21:03 🕒 (12.48) 19:43 — 04:03	Friday
weight	blood pressure	notes
30	✱ 05:38 — 13:21 — 21:04 🕒 (13.33) 20:49 — 04:29	Saturday
weight	blood pressure	notes
31	✱ 05:38 — 13:21 — 21:05 ◯ (14.11) 21:51 — 05:03	Sunday
weight	blood pressure	notes
	week	
weight	notes	

18 * 05:49 – 13:20 – 20:51 ● (1.74) 06:31 – 23:37 Monday
weight blood pressure notes

19 * 05:48 – 13:20 – 20:52 ● (2.83) 07:37 – 00:34 Tuesday
weight blood pressure notes

20 * 05:47 — 13:20 — 20:53 ● (3.92) 08:54 — 01:17 Wednesday
weight blood pressure notes

21 * 05:46 — 13:20 — 20:55 ● (5.01) 10:16 — 01:48 Thursday
weight blood pressure notes

22 * 05:45 — 13:20 — 20:56 ● (6.02) 11:36 — Friday
weight blood pressure notes

23 * 05:44 – 13:20 – 20:57. ☾ (7.03) 12:52 – 02:12 . . . Saturday
weight blood pressure notes

24 * 05:43 – 13:20 – 20:58. ☾ (7.97) 14:04 – 02:32 Sunday
weight blood pressure notes

weight _____ week _____
 _____ notes _____

01 * 05:37 – 13:21 – 21:05 ○ (14.97) 22:46 – 05:45 . . . Monday
weight . . . blood pressure notes

02 * 05:37 – 13:21 – 21:06 ○ (15.82) 23:31 – 06:36 Tuesday
 weight blood pressure notes

03 * 05:36 – 13:21 – 21:07 ○ (16.68) 00:07 – 07:35 Wednesday
 weight blood pressure notes

04 * 05:36 – 13:21 – 21:08 ○ (17.53) 00:36 – 08:40 Thursday
weight blood pressure notes

05 * 05:35 – 13:22 – 21:09 ○ (18.39) 01:00 – 09:48 Friday
weight blood pressure notes

06 * 05:35 — 13:22 — 21:09 ○ (19.24) 01:20 — 10:57 . . . **Saturday**
 weight blood pressure notes

07 * 05:34 – 13:22 + 21:10 ○ (20.18) 01:38 – 12:06 Sunday
weight blood pressure notes

week

weight notes

22 * 05:34 — 13:25 — 21:17 ☾ (7.58) 14:11 — 01:28 Monday
weight blood pressure notes

23 * 05:34 - 13:25 - 21:17 ☾ (8.51) 15:19 - 01:46 Tuesday
weight blood pressure notes

24 ✱ 05:34 – 13:26 – 21:17 ☾ (9.37) 16:27 – Wednesday
weight blood pressure notes

25 ✱ 05:35 – 13:26 – 21:17 ☾ (10.22) 17:35 – 02:07 Thursday
weight blood pressure notes

26 * 05:35 – 13:26 – 21:17 ☾ (11.08) 18:42 – 02:32 Friday
weight blood pressure notes

27 ✱ 05:35 – 13:26 – 21:17 ☾ (11.93) 19:45 – 03:03 Saturday
weight blood pressure notes

28 * 05:36 – 13:26 – 21:17. ☾ (12.79) 20:41 – 03:42. Sunday
weight blood pressure notes

weight week
notes

08 * 05:34 – 13:22 – 21:11 ☾ (21.03) 01:55 – 13:16 . . . Monday
weight . . . blood pressure notes

09 * 05:34 – 13:22 – 21:12 ☾ (22.04) – 14:28 Tuesday
weight blood pressure notes

10 ✱ 05:33 – 13:23 – 21:12 ☾ (22.98) 02:13 – 15:43 Wednesday
weight blood pressure notes

11 * 05:33 – 13:23 – 21:13 ☾ (23.99) 02:34 – 17:03 Thursday
weight blood pressure notes

12 * 05:33 – 13:23 – 21:13 ☾ (25.08) 02:58 – 18:27 . . . Friday
weight blood pressure notes

13 * 05:33 – 13:23 – 21:14 ☾ (26.09) 03:30 – 19:52 . Saturday
weight blood pressure notes

14 * 05:33 – 13:23 – 21:14 ☾ (27.26) 04:14 – 21:12 Sunday
weight blood pressure notes

weight week
rate

November2026

16	✱ 07:25 — 12:08 — 16:51 ● (6.18) 13:04 — 22:53	Monday
weight	blood pressure	notes
17	✱ 07:26 — 12:08 — 16:50 🕒 (7.03) 13:24 — 00:01	Tuesday
weight	blood pressure	notes
18	✱ 07:27 — 12:08 — 16:49 🕒 (7.89) 13:42 —	Wednesday
weight	blood pressure	notes
19	✱ 07:29 — 12:08 — 16:48 🕒 (8.82) 14:00 — 01:09	Thursday
weight	blood pressure	notes
20	✱ 07:30 — 12:09 — 16:47 🕒 (9.76) 14:18 — 02:19	Friday
weight	blood pressure	notes
21	✱ 07:31 — 12:09 — 16:46 🕒 (10.69) 14:37 — 03:32	Saturday
weight	blood pressure	notes
22	✱ 07:33 — 12:09 — 16:45 🕒 (11.7) 15:01 — 04:49	Sunday
weight	blood pressure	notes
		week
weight		notes

November2026

02	✱ 07:05 — 12:07 — 17:08 🕒 (21.58) 00:28 — 14:10	Monday
weight	blood pressure	notes
03	✱ 07:06 — 12:07 — 17:07 🕒 (22.59) — 14:32	Tuesday
weight	blood pressure	notes
04	✱ 07:08 — 12:07 — 17:05 🕒 (23.52) 01:43 — 14:51	Wednesday
weight	blood pressure	notes
05	✱ 07:09 — 12:07 — 17:04 🕒 (24.53) 02:55 — 15:08	Thursday
weight	blood pressure	notes
06	✱ 07:10 — 12:07 — 17:03 🕒 (25.47) 04:06 — 15:26	Friday
weight	blood pressure	notes
07	✱ 07:12 — 12:07 — 17:01 🕒 (26.4) 05:17 — 15:45	Saturday
weight	blood pressure	notes
08	✱ 07:13 — 12:07 — 17:00 🕒 (27.33) 06:27 — 16:08	Sunday
weight	blood pressure	notes
		week
weight		notes

August2026

03	✱ 06:09 — 13:29 — 20:49 🕒 (18.47) 22:42 — 11:19	Monday
weight	blood pressure	notes
04	✱ 06:10 — 13:29 — 20:48 🕒 (19.4) 23:03 — 12:32	Tuesday
weight	blood pressure	notes
05	✱ 06:11 — 13:29 — 20:47 🕒 (20.41) 23:27 — 13:49	Wednesday
weight	blood pressure	notes
06	✱ 06:12 — 13:29 — 20:45 🕒 (21.34) 23:59 — 15:08	Thursday
weight	blood pressure	notes
07	✱ 06:13 — 13:29 — 20:44 🕒 (22.36) 00:42 — 16:28	Friday
weight	blood pressure	notes
08	✱ 06:15 — 13:29 — 20:42 🕒 (23.44) 01:40 — 17:42	Saturday
weight	blood pressure	notes
09	✱ 06:16 — 13:29 — 20:41 🕒 (24.46) — 18:44	Sunday
weight	blood pressure	notes
		week
weight		notes

August2026

17	✱ 06:26 — 13:27 — 20:28 ● (4.7) 11:59 — 22:14	Monday
weight	blood pressure	notes
18	✱ 06:27 — 13:27 — 20:26 ● (5.63) 13:09 — 22:36	Tuesday
weight	blood pressure	notes
19	✱ 06:28 — 13:27 — 20:25 ● (6.49) 14:19 — 23:03	Wednesday
weight	blood pressure	notes
20	✱ 06:29 — 13:27 — 20:23 🕒 (7.42) 15:25 — 23:37	Thursday
weight	blood pressure	notes
21	✱ 06:31 — 13:26 — 20:21 🕒 (8.28) 16:27 — 00:19	Friday
weight	blood pressure	notes
22	✱ 06:32 — 13:26 — 20:19 🕒 (9.06) 17:22 — 01:10	Saturday
weight	blood pressure	notes
23	✱ 06:33 — 13:26 — 20:18 🕒 (9.91) 18:07 —	Sunday
weight	blood pressure	notes
		week
weight		notes

August 2026

10 * 06:17 - 13:29 - 20:39 (25.54) 02:52 - 19:33 Monday
weight blood pressure notes

11 * 06:18 – 13:29 – 20:38 (26.56) 04:13 – 20:09 Tuesday
weight blood pressure notes

12 * 06:20 – 13:28 – 20:36 (27.64) 05:38 – 20:37 Wednesday
weight blood pressure notes

13 * 06:21 – 13:28 – 20:35 ● (0.73) 07:01 – 20:59 Thursday
weight blood pressure notes

14 * 06:22 – 13:28 – 20:33 ● (1.74) 08:19 – 21:18 Friday
weight blood pressure notes

15 * 06:23 — 13:28 — 20:31 ● (2.76) 09:35 — 21:36 Saturday
weight blood pressure notes

16 * 06:24 – 13:28 – 20:30 ● (3.77) 10:48 – 21:54 Sunday
weight blood pressure notes

weight _____ week
notes

August 2026

24 * 06:34 — 13:26 — 20:16 ☾ (10.77) 18:43 — 02:10 Monday
weight blood pressure notes

25 * 06:36 — 13:25 — 20:14 ☾ (11.62) 19:12 — 03:16 Tuesday
weight blood pressure notes

26 * 06:37 - 13:25 - 20:12 ☾ (12.48) 19:36 - 04:25 Wednesday
weight blood pressure notes

27 * 06:38 – 13:25 – 20:11 ☾ (13.41) 19:56 – 05:36 Thursday
weight blood pressure notes

28 * 06:39 – 13:25 – 20:09 ○ (14.27) 20:14 – 06:46 Friday
weight blood pressure notes

29 * 06:41 – 13:24 – 20:07 ○ (15.2) 20:31 – 07:57 Saturday
weight blood pressure notes

30 * 06:42 – 13:24 – 20:05 ○ (16.21) 20:49 – 09:08 Sunday
weight blood pressure notes

	week
weight	notes

November 2026

09 * 07:15 – 12:07 – 16:59 ● (0.19) 07:37 – 16:34 Monday
weight blood pressure notes

10 * 07:16 – 12:07 – 16:57 ● (1.12) 08:46 – 17:07 Tuesday
weight blood pressure notes

11 * 07:18 – 12:07 – 16:56 ● (1.98) 09:49 – 17:49 Wednesday
weight blood pressure notes

12 * 07:19 – 12:07 – 16:55 ● (2.83) 10:45 – 18:39 Thursday
weight blood pressure notes

13 * 07:20 – 12:07 – 16:54 ● (3.69) 11:32 – 19:37 Friday
weight blood pressure notes

14 * 07:22 – 12:08 – 16:53 ● (4.47) 12:09 – 20:40 Saturday
weight blood pressure notes

15 * 07:23 — 12:08 — 16:52 ● (5.32) 12:39 — 21:46 Sunday
weight blood pressure notes

	week
weight	notes

November 2026

26 * 06:55 – 12:07 – 17:19 ○ (14.27) 17:04 – 07:19 Monday
weight blood pressure notes

27 * 06:56 – 12:07 – 17:17 ○ (15.36) 17:37 – 08:42 Tuesday
weight blood pressure notes

28 * 06:58 – 12:07 – 17:16 ○ (16.37) 18:22 – 10:04 Wednesday
weight blood pressure notes

29 * 06:59 – 12:07 – 17:14 ○ (17.46) 19:20 – 11:18 Thursday
weight blood pressure notes

30 * 07:01 – 12:07 – 17:12 ○ (18.47) 20:31 – 12:20 Friday
weight blood pressure notes

31 * 07:02 – 12:07 – 17:11 ○ (19.56) 21:50 – 13:07 Saturday
weight blood pressure notes

01 * 07:03 – 12:07 – 17:09 ○ (20.57) 23:10 – 13:43 Sunday
weight blood pressure notes

weight _____ week _____
notes _____

	week
weight _____	notes _____

September2026

07	✱ 06:52 — 13:21 — 19:50 ☾ (24.22) — 18:07 weight blood pressure	Monday	notes
08	✱ 06:53 — 13:21 — 19:48 ☾ (25.23) 03:14 — 18:37 weight blood pressure	Tuesday	notes
09	✱ 06:54 — 13:21 — 19:46 ☾ (26.24) 04:36 — 19:01 weight blood pressure	Wednesday	notes
10	✱ 06:55 — 13:20 — 19:44 ☾ (27.33) 05:55 — 19:22 weight blood pressure	Thursday	notes
11	✱ 06:57 — 13:20 — 19:42 ● (0.34) 07:11 — 19:40 weight blood pressure	Friday	notes
12	✱ 06:58 — 13:20 — 19:40 ● (1.28) 08:25 — 19:58 weight blood pressure	Saturday	notes
13	✱ 06:59 — 13:19 — 19:38 ● (2.29) 09:38 — 20:17 weight blood pressure	Sunday	notes
week			
weight			
notes			

September2026

21	✱ 07:09 — 13:16 — 19:23 ☾ (9.29) 17:13 — weight blood pressure	Monday	notes
22	✱ 07:10 — 13:16 — 19:21 ☾ (10.14) 17:38 — 02:08 weight blood pressure	Tuesday	notes
23	✱ 07:11 — 13:16 — 19:19 ☾ (11.0) 18:00 — 03:18 weight blood pressure	Wednesday	notes
24	✱ 07:13 — 13:15 — 19:17 ☾ (11.93) 18:19 — 04:28 weight blood pressure	Thursday	notes
25	✱ 07:14 — 13:15 — 19:15 ☾ (12.87) 18:37 — 05:39 weight blood pressure	Friday	notes
26	✱ 07:15 — 13:15 — 19:13 ☾ (13.8) 18:54 — 06:51 weight blood pressure	Saturday	notes
27	✱ 07:17 — 13:14 — 19:11 ○ (14.73) 19:14 — 08:05 weight blood pressure	Sunday	notes
week			
weight			
notes			

October2026

12	✱ 07:36 — 13:10 — 18:43 ● (1.74) 09:42 — 19:05 weight blood pressure	Monday	notes
13	✱ 07:37 — 13:10 — 18:41 ● (2.6) 10:53 — 19:33 weight blood pressure	Tuesday	notes
14	✱ 07:39 — 13:09 — 18:39 ● (3.53) 12:00 — 20:09 weight blood pressure	Wednesday	notes
15	✱ 07:40 — 13:09 — 18:37 ● (4.39) 13:01 — 20:53 weight blood pressure	Thursday	notes
16	✱ 07:41 — 13:09 — 18:36 ● (5.24) 13:54 — 21:47 weight blood pressure	Friday	notes
17	✱ 07:43 — 13:09 — 18:34 ● (6.02) 14:37 — 22:47 weight blood pressure	Saturday	notes
18	✱ 07:44 — 13:08 — 18:32 ● (6.88) 15:11 — 23:52 weight blood pressure	Sunday	notes
week			
weight			
notes			

October2026

28	✱ 07:18 — 13:14 — 19:09 ○ (15.74) 19:36 — 09:22 weight blood pressure	Monday	notes
29	✱ 07:19 — 13:14 — 19:07 ○ (16.76) 20:04 — 10:42 weight blood pressure	Tuesday	notes
30	✱ 07:20 — 13:13 — 19:05 ○ (17.77) 20:40 — 12:03 weight blood pressure	Wednesday	notes
01	✱ 07:22 — 13:13 — 19:03 ○ (18.86) 21:27 — 13:21 weight blood pressure	Thursday	notes
02	✱ 07:23 — 13:13 — 19:01 ○ (19.87) 22:29 — 14:30 weight blood pressure	Friday	notes
03	✱ 07:24 — 13:12 — 19:00 ○ (20.88) 23:41 — 15:25 weight blood pressure	Saturday	notes
04	✱ 07:25 — 13:12 — 18:58 ☾ (21.89) 01:00 — 16:08 weight blood pressure	Sunday	notes
week			
weight			
notes			

November2026

23	✱ 07:34 — 12:09 — 16:45 ☽ (12.71) 15:31 — 06:11	Monday
weight	blood pressure	notes
24	✱ 07:35 — 12:10 — 16:44 ☽ (13.8) 16:11 — 07:35	Tuesday
weight	blood pressure	notes
25	✱ 07:37 — 12:10 — 16:43 ○ (14.89) 17:04 — 08:56	Wednesday
weight	blood pressure	notes
26	✱ 07:38 — 12:10 — 16:43 ○ (15.98) 18:13 — 10:06	Thursday
weight	blood pressure	notes
27	✱ 07:39 — 12:11 — 16:42 ○ (17.07) 19:32 — 11:01	Friday
weight	blood pressure	notes
28	✱ 07:40 — 12:11 — 16:41 ○ (18.08) 20:55 — 11:42	Saturday
weight	blood pressure	notes
29	✱ 07:42 — 12:11 — 16:41 ○ (19.17) 22:16 — 12:12	Sunday
weight	blood pressure	notes
		week
weight		notes

December2026

07	✱ 07:51 — 12:14 — 16:38 ☾ (26.71) 06:35 — 15:07	Monday
weight	blood pressure	notes
08	✱ 07:52 — 12:15 — 16:38 ☾ (27.57) 07:40 — 15:46	Tuesday
weight	blood pressure	notes
09	✱ 07:53 — 12:15 — 16:38 ● (0.42) 08:39 — 16:33	Wednesday
weight	blood pressure	notes
10	✱ 07:54 — 12:16 — 16:38 ● (1.28) 09:28 — 17:29	Thursday
weight	blood pressure	notes
11	✱ 07:55 — 12:16 — 16:38 ● (2.13) 10:09 — 18:31	Friday
weight	blood pressure	notes
12	✱ 07:55 — 12:17 — 16:38 ● (2.99) 10:41 — 19:36	Saturday
weight	blood pressure	notes
13	✱ 07:56 — 12:17 — 16:38 ● (3.77) 11:06 — 20:42	Sunday
weight	blood pressure	notes
		week
weight		notes

November

2026

30	✱ 07:43 — 12:12 — 16:40 ○ (20.18) 23:34 — 12:36	Monday
weight	blood pressure	notes
01	✱ 07:44 — 12:12 — 16:40 ☾ (21.19) 00:47 — 12:56	Tuesday
weight	blood pressure	notes
02	✱ 07:45 — 12:12 — 16:40 ☾ (22.2) — 13:14	Wednesday
weight	blood pressure	notes
03	✱ 07:46 — 12:13 — 16:39 ☾ (23.13) 01:58 — 13:32	Thursday
weight	blood pressure	notes
04	✱ 07:47 — 12:13 — 16:39 ☾ (24.07) 03:08 — 13:51	Friday
weight	blood pressure	notes
05	✱ 07:49 — 12:14 — 16:39 ☾ (24.92) 04:17 — 14:12	Saturday
weight	blood pressure	notes
06	✱ 07:50 — 12:14 — 16:39 ☾ (25.86) 05:27 — 14:37	Sunday
weight	blood pressure	notes
		week
weight		notes

December

2026

14	✱ 07:57 — 12:18 — 16:39 ● (4.62) 11:28 — 21:49	Monday
weight	blood pressure	notes
15	✱ 07:58 — 12:18 — 16:39 ● (5.48) 11:46 — 22:55	Tuesday
weight	blood pressure	notes
16	✱ 07:59 — 12:19 — 16:39 ● (6.33) 12:03 — 00:02	Wednesday
weight	blood pressure	notes
17	✱ 07:59 — 12:19 — 16:39 ☽ (7.27) 12:20 —	Thursday
weight	blood pressure	notes
18	✱ 08:00 — 12:20 — 16:40 ☽ (8.2) 12:39 — 01:11	Friday
weight	blood pressure	notes
19	✱ 08:01 — 12:20 — 16:40 ☽ (9.13) 12:59 — 02:24	Saturday
weight	blood pressure	notes
20	✱ 08:01 — 12:21 — 16:40 ☽ (10.14) 13:25 — 03:41	Sunday
weight	blood pressure	notes
		week
weight		notes

21	✱ 08:02 — 12:21 — 16:41	☾ (11.16)	13:59 — 05:02	Monday
weight	blood pressure			notes
22	✱ 08:02 — 12:22 — 16:41	☾ (12.24)	14:44 — 06:24	Tuesday
weight	blood pressure			notes
23	✱ 08:03 — 12:22 — 16:42	☾ (13.26)	15:46 — 07:41	Wednesday
weight	blood pressure			notes
24	✱ 08:03 — 12:23 — 16:43	○ (14.34)	17:02 — 08:45	Thursday
weight	blood pressure			notes
25	✱ 08:03 — 12:23 — 16:43	○ (15.51)	18:27 — 09:33	Friday
weight	blood pressure			notes
26	✱ 08:04 — 12:24 — 16:44	○ (16.6)	19:53 — 10:10	Saturday
weight	blood pressure			notes
27	✱ 08:04 — 12:24 — 16:45	○ (17.61)	21:15 — 10:37	Sunday
weight	blood pressure			notes
				week
weight				notes

December2026

28	✱ 08:04 — 12:24 — 16:45	○ (18.7) 22:33 — 11:00	Monday
weight	blood pressure		notes

29	✱ 08:04 — 12:25 — 16:46	○ (19.71) 23:47 — 11:19	Tuesday
weight	blood pressure		notes

30	✱ 08:05 — 12:25 — 16:47	○ (20.72) 00:59 — 11:37	Wednesday
weight	blood pressure		notes

31	✱ 08:05 — 12:26 — 16:48	☾ (21.66) — 11:56	Thursday
weight	blood pressure		notes

01	✱ 08:05 — 12:26 — 16:49	☾ (22.59) 02:09 — 12:16	Friday
weight	blood pressure		notes

02	✱ 08:05 — 12:27 — 16:50	☾ (23.44) 03:19 — 12:40	Saturday
weight	blood pressure		notes

03	✱ 08:05 — 12:27 — 16:51	☾ (24.38) 04:27 — 13:09	Sunday
weight	blood pressure		notes

			week
weight			notes