

aprire 2026

06 * 06:54 — 13:26 + 19:58 ○ (17.92) 01:10 — 08:26 lunedì
weight blood pressure notes

07 * 06:52 – 13:25 – 19:59 ○ (18.7) – 09:04 martedì
weight blood pressure notes

08 * 06:51 – 13:25 – 20:00 ○ (19.56) 02:07 – 09:52 mercoledì
weight blood pressure notes

09 * 06:49 – 13:25 – 20:02 ○ (20.41) 02:56 – 10:50 giovedì
weight blood pressure notes

10 * 06:47 – 13:25 – 20:03 (21.27) 03:35 – 11:54 venerdì
weight blood pressure notes

11 * 06:45 – 13:24 – 20:04 (22.12) 04:07 – 13:03 sabato
weight blood pressure notes

12 * 06:43 – 13:24 – 20:06 (22.98) 04:33 – 14:15 domenica
weight blood pressure notes

	week
weight	notes

marzo 2026

23 * 06:21 – 12:30 – 18:39 ● (4.54) 08:10 – 00:50 lunedì
weight blood pressure notes

24 * 06:19 — 12:30 — 18:41 ● (5.63) 08:56 — martedì
weight blood pressure notes

25 ✱ 06:17 – 12:29 – 18:42 ● (6.64) 09:55 – 02:01 mercoledì
weight blood pressure notes

26 * 06:15 – 12:29 – 18:43 ☾ (7.66) 11:05 – 02:59 giovedì
weight blood pressure notes

27 ✱ 06:13 – 12:29 – 18:45 ☾ (8.67) 12:22 – 03:43 venerdì
 weight blood pressure notes

28 ✱ 06:11 – 12:28 – 18:46 ☾ (9.6) 13:41 – 04:16 sabato
weight blood pressure notes

29 ✱ 07:10 – 13:28 – 19:47 ☾ (10.61) 15:57 – 05:41 . . . domenica
weight blood pressure notes

	week
weight	notes

2026

2026

gennaio 2026

05 * 08:05 — 12:28 — 16:53 ○ (16.13) 19:28 — 09:48 . . . lunedì
weight . . . blood pressure . . . notes

06 * 08:04 — 12:29 — 16:54 ○ (17.14) 20:46 — 10:12 . . . martedì
weight . . . blood pressure notes

07 * 08:04 – 12:29 – 16:55 ○ (18.16) 21:59 – 10:32 mercoledì
weight blood pressure notes

08 * 08:04 — 12:30 — 16:56 ○ (19.09) 23:09 — 10:50 giovedì
weight blood pressure notes

09 * 08:04 — 12:30 — 16:57 ○ (20.02) 00:16 — 11:06 venerdì
weight blood pressure notes

10 * 08:03 – 12:31 – 16:58 ○ (20.88) – 11:22 sabato
weight blood pressure notes

11 * 08:03 – 12:31 – 17:00 (21.81) 01:23 – 11:40 domenica
weight blood pressure notes

	week
weight.	notes

dicembre

2025

29	* 08:04 — 12:25 — 16:46 › (8.67) 12:34 — 02:06 lunedì
weight	blood pressure
notes	
30	* 08:05 — 12:26 — 16:47 › (9.76) 13:00 — 03:27 martedì
weight	blood pressure
notes	
31	* 08:05 — 12:26 — 16:48 › (10.77) 13:35 — 04:51 mercoledì
weight	blood pressure
notes	
01	* 08:05 — 12:27 — 16:49 › (11.86) 14:23 — 06:15 giovedì
weight	blood pressure
notes	
02	* 08:05 — 12:27 — 16:50 › (12.94) 15:26 — 07:30 venerdì
weight	blood pressure
notes	
03	* 08:05 — 12:27 — 16:51 › (13.96) 16:43 — 08:30 sabato
weight	blood pressure
notes	
04	* 08:05 — 12:28 — 16:52 ○ (15.04) 18:05 — 09:15 domenica
weight	blood pressure
notes	

	week
weight	notes

gennaio

2026

12	* 08:02 — 12:31 — 17:01 ℔ (22.59) 02:30 — 12:01 lunedì
weight	blood pressure
notes	
13	* 08:02 — 12:32 — 17:02 ℔ (23.44) 03:37 — 12:26 martedì
weight	blood pressure
notes	
14	* 08:01 — 12:32 — 17:03 ℔ (24.3) 04:43 — 12:57 mercoledì
weight	blood pressure
notes	
15	* 08:01 — 12:32 — 17:05 ℔ (25.16) 05:46 — 13:38 giovedì
weight	blood pressure
notes	
16	* 08:00 — 12:33 — 17:06 ℔ (26.01) 06:43 — 14:28 venerdì
weight	blood pressure
notes	
17	* 08:00 — 12:33 — 17:07 ℔ (26.87) 07:30 — 15:29 sabato
weight	blood pressure
notes	
18	* 07:59 — 12:33 — 17:09 ℔ (27.72) 08:09 — 16:37 domenica
weight	blood pressure
notes	

	week
weight	notes

aprile

2026

30	* 07:08 — 13:28 — 19:49 › (11.54) 17:11 — 06:02 lunedì
weight	blood pressure
notes	
31	* 07:06 — 13:27 — 19:50 › (12.56) 18:22 — 06:19 martedì
weight	blood pressure
notes	
01	* 07:04 — 13:27 — 19:51 › (13.49) 19:31 — 06:36 mercoledì
weight	blood pressure
notes	
02	* 07:02 — 13:27 — 19:52 ○ (14.42) 20:40 — 06:53 giovedì
weight	blood pressure
notes	
03	* 07:00 — 13:27 — 19:54 ○ (15.28) 21:49 — 07:10 venerdì
weight	blood pressure
notes	
04	* 06:58 — 13:26 — 19:55 ○ (16.21) 22:58 — 07:31 sabato
weight	blood pressure
notes	
05	* 06:56 — 13:26 — 19:56 ○ (17.07) 00:06 — 07:55 domenica
weight	blood pressure
notes	

	week
weight	notes

marzo

2026

16	* 06:34 — 12:32 — 18:30 ℔ (25.47) 05:32 — 15:37 lunedì
weight	blood pressure
notes	
17	* 06:33 — 12:32 — 18:31 ℔ (26.48) 05:52 — 16:51 martedì
weight	blood pressure
notes	
18	* 06:31 — 12:31 — 18:33 ℔ (27.41) 06:11 — 18:07 mercoledì
weight	blood pressure
notes	
19	* 06:29 — 12:31 — 18:34 ● (0.42) 06:29 — 19:24 giovedì
weight	blood pressure
notes	
20	* 06:27 — 12:31 — 18:35 ● (1.43) 06:48 — 20:43 venerdì
weight	blood pressure
notes	
21	* 06:25 — 12:30 — 18:37 ● (2.52) 07:10 — 22:06 sabato
weight	blood pressure
notes	
22	* 06:23 — 12:30 — 18:38 ● (3.53) 07:36 — 23:29 domenica
weight	blood pressure
notes	

	week
weight	notes

marzo2026

09	✱ 06:48 — 12:34 — 18:20 ○ (19.4) — 08:54	lunedì
weight	blood pressure	notes
10	✱ 06:46 — 12:34 — 18:22 ○ (20.26) 01:20 — 09:27	martedì
weight	blood pressure	notes
11	✱ 06:44 — 12:33 — 18:23 ☾ (21.11) 02:22 — 10:09	mercoledì
weight	blood pressure	notes
12	✱ 06:42 — 12:33 — 18:25 ☾ (21.97) 03:17 — 11:02	giovedì
weight	blood pressure	notes
13	✱ 06:40 — 12:33 — 18:26 ☾ (22.82) 04:02 — 12:03	venerdì
weight	blood pressure	notes
14	✱ 06:38 — 12:32 — 18:27 ☾ (23.68) 04:39 — 13:11	sabato
weight	blood pressure	notes
15	✱ 06:36 — 12:32 — 18:29 ☾ (24.53) 05:08 — 14:23	domenica
weight	blood pressure	notes
		week
weight		notes

febbraio2026

23	✱ 07:13 — 12:37 — 18:01 ● (5.94) 09:34 —	lunedì
weight	blood pressure	notes
24	✱ 07:11 — 12:36 — 18:02 ● (6.96) 10:10 — 01:43	martedì
weight	blood pressure	notes
25	✱ 07:09 — 12:36 — 18:04 ☾ (7.97) 10:59 — 03:00	mercoledì
weight	blood pressure	notes
26	✱ 07:08 — 12:36 — 18:05 ☾ (8.98) 12:02 — 04:08	giovedì
weight	blood pressure	notes
27	✱ 07:06 — 12:36 — 18:07 ☾ (9.99) 13:15 — 05:02	venerdì
weight	blood pressure	notes
28	✱ 07:04 — 12:36 — 18:08 ☾ (11.0) 14:35 — 05:42	sabato
weight	blood pressure	notes
01	✱ 07:02 — 12:36 — 18:09 ☾ (12.01) 15:55 — 06:13	domenica
weight	blood pressure	notes
		week
weight		notes

gennaio2026

19	✱ 07:58 — 12:34 — 17:10 ● (0.58) 08:39 — 17:48	lunedì
weight	blood pressure	notes
20	✱ 07:57 — 12:34 — 17:11 ● (1.51) 09:04 — 19:01	martedì
weight	blood pressure	notes
21	✱ 07:57 — 12:34 — 17:13 ● (2.44) 09:24 — 20:14	mercoledì
weight	blood pressure	notes
22	✱ 07:56 — 12:35 — 17:14 ● (3.38) 09:43 — 21:26	giovedì
weight	blood pressure	notes
23	✱ 07:55 — 12:35 — 17:16 ● (4.31) 10:00 — 22:39	venerdì
weight	blood pressure	notes
24	✱ 07:54 — 12:35 — 17:17 ● (5.32) 10:18 — 23:54	sabato
weight	blood pressure	notes
25	✱ 07:53 — 12:35 — 17:18 ● (6.26) 10:38 —	domenica
weight	blood pressure	notes
		week
weight		notes

febbraio2026

02	✱ 07:44 — 12:37 — 17:30 ○ (14.5) 18:18 — 08:12	lunedì
weight	blood pressure	notes
03	✱ 07:43 — 12:37 — 17:32 ○ (15.51) 19:35 — 08:34	martedì
weight	blood pressure	notes
04	✱ 07:42 — 12:37 — 17:33 ○ (16.52) 20:48 — 08:53	mercoledì
weight	blood pressure	notes
05	✱ 07:40 — 12:37 — 17:35 ○ (17.46) 21:58 — 09:09	giovedì
weight	blood pressure	notes
06	✱ 07:39 — 12:37 — 17:36 ○ (18.39) 23:07 — 09:26	venerdì
weight	blood pressure	notes
07	✱ 07:38 — 12:37 — 17:37 ○ (19.32) 00:15 — 09:43	sabato
weight	blood pressure	notes
08	✱ 07:36 — 12:37 — 17:39 ○ (20.18) — 10:03	domenica
weight	blood pressure	notes
		week
weight		notes

gennaio

2026

26	✱ 07:52 — 12:36 — 17:20 › (7.27) 11:01 — 01:12	lunedì
weight	blood pressure	notes
27	✱ 07:51 — 12:36 — 17:21 › (8.28) 11:32 — 02:33	martedì
weight	blood pressure	notes
28	✱ 07:50 — 12:36 — 17:23 › (9.37) 12:12 — 03:55	mercoledì
weight	blood pressure	notes
29	✱ 07:49 — 12:36 — 17:24 › (10.38) 13:07 — 05:11	giovedì
weight	blood pressure	notes
30	✱ 07:48 — 12:36 — 17:26 › (11.39) 14:16 — 06:16	venerdì
weight	blood pressure	notes
31	✱ 07:47 — 12:37 — 17:27 › (12.48) 15:35 — 07:06	sabato
weight	blood pressure	notes
01	✱ 07:45 — 12:37 — 17:29 › (13.49) 16:58 — 07:44	domenica
weight	blood pressure	notes
		week
weight		notes

febbraio

2026

09	✱ 07:35 — 12:37 — 17:40 ℄ (21.03) 01:23 — 10:26	lunedì
weight	blood pressure	notes
10	✱ 07:34 — 12:37 — 17:42 ℄ (21.89) 02:30 — 10:55	martedì
weight	blood pressure	notes
11	✱ 07:32 — 12:37 — 17:43 ℄ (22.67) 03:35 — 11:32	mercoledì
weight	blood pressure	notes
12	✱ 07:31 — 12:37 — 17:45 ℄ (23.52) 04:34 — 12:18	giovedì
weight	blood pressure	notes
13	✱ 07:29 — 12:37 — 17:46 ℄ (24.38) 05:25 — 13:15	venerdì
weight	blood pressure	notes
14	✱ 07:28 — 12:37 — 17:48 ℄ (25.23) 06:07 — 14:20	sabato
weight	blood pressure	notes
15	✱ 07:26 — 12:37 — 17:49 ℄ (26.17) 06:40 — 15:31	domenica
weight	blood pressure	notes
		week
weight		notes

marzo

2026

02	✱ 07:01 — 12:35 — 18:11 › (13.02) 17:12 — 06:37	lunedì
weight	blood pressure	notes
03	✱ 06:59 — 12:35 — 18:12 › (13.96) 18:26 — 06:56	martedì
weight	blood pressure	notes
04	✱ 06:57 — 12:35 — 18:14 ○ (14.97) 19:38 — 07:14	mercoledì
weight	blood pressure	notes
05	✱ 06:55 — 12:35 — 18:15 ○ (15.9) 20:47 — 07:30	giovedì
weight	blood pressure	notes
06	✱ 06:53 — 12:35 — 18:16 ○ (16.83) 21:57 — 07:47	venerdì
weight	blood pressure	notes
07	✱ 06:51 — 12:34 — 18:18 ○ (17.69) 23:06 — 08:06	sabato
weight	blood pressure	notes
08	✱ 06:50 — 12:34 — 18:19 ○ (18.62) 00:14 — 08:28	domenica
weight	blood pressure	notes
		week
weight		notes

febbraio

2026

16	✱ 07:24 — 12:37 — 17:51 ℄ (27.02) 07:07 — 16:45	lunedì
weight	blood pressure	notes
17	✱ 07:23 — 12:37 — 17:52 ℄ (27.96) 07:29 — 17:59	martedì
weight	blood pressure	notes
18	✱ 07:21 — 12:37 — 17:54 ● (0.97) 07:48 — 19:13	mercoledì
weight	blood pressure	notes
19	✱ 07:20 — 12:37 — 17:55 ● (1.9) 08:06 — 20:27	giovedì
weight	blood pressure	notes
20	✱ 07:18 — 12:37 — 17:57 ● (2.91) 08:24 — 21:43	venerdì
weight	blood pressure	notes
21	✱ 07:16 — 12:37 — 17:58 ● (3.92) 08:43 — 23:01	sabato
weight	blood pressure	notes
22	✱ 07:15 — 12:37 — 17:59 ● (4.93) 09:06 — 00:22	domenica
weight	blood pressure	notes
		week
weight		notes

luglio

27 * 06:01 – 13:30 – 20:58 ☾ (12.17) 20:09 – 03:20 lunedì
weight blood pressure notes

28 * 06:02 – 13:30 – 20:57 ☾ (13.02) 20:42 – 04:22 martedì
weight blood pressure notes

29 * 06:03 – 13:30 – 20:56 ☾ (13.96) 21:09 – 05:30 mercoledì
weight blood pressure notes

30 * 06:04 – 13:30 – 20:55 ○ (14.81) 21:31 – 06:39 giovedì
weight blood pressure notes

31 * 06:05 – 13:30 – 20:53 ○ (15.67) 21:50 – 07:49 venerdì
weight blood pressure notes

01 * 06:06 – 13:30 – 20:52 ○ (16.6) 22:08 – 08:58 sabato
weight blood pressure notes

02 * 06:07 – 13:30 – 20:51 ○ (17.53) 22:24 – 10:08 domenica
weight blood pressure notes

weight _____ week _____
notes _____

luglio

13 * 05:46 – 13:29 – 21:11 (26.87) 03:59 – 20:56 lunedì
weight blood pressure notes

14 * 05:47 – 13:29 – 21:11 (27.96) 05:18 – 21:40 martedì
weight blood pressure notes

15 ✱ 05:48 – 13:29 – 21:10 ● (1.04) 06:44 – 22:12 . mercoledì
weight . blood pressure notes

16 ✱ 05:49 – 13:29 – 21:09 ● (2.13) 08:08 – 22:37 giovedì
weight blood pressure notes

17 * 05:50 – 13:29 – 21:08 ● (3.22) 09:28 – 22:57 venerdì
weight blood pressure notes

18 * 05:51 – 13:29 – 21:07 ● (4.23) 10:44 – 23:15 sabato
weight blood pressure notes

19 * 05:52 – 13:30 – 21:07 ● (5.24) 11:56 – 23:33 . . . domenica
weight . . . blood pressure notes

weight _____ week _____
notes _____

aprire

13 * 06:41 – 13:24 – 20:07 (23.91) 04:54 – 15:28 lunedì
weight blood pressure notes

14 * 06:40 – 13:24 – 20:08 (24.92) 05:13 – 16:42 martedi
weight blood pressure notes

15 * 06:38 – 13:23 – 20:10 (25.93) 05:31 – 17:57 mercoledì
weight blood pressure notes

16 * 06:36 – 13:23 – 20:11 ☾ (26.94) 05:50 – 19:16 giovedì
weight blood pressure notes

17 * 06:34 – 13:23 – 20:12 ☾ (27.96) 06:11 – 20:39 venerdì
weight blood pressure notes

18 ✱ 06:33 – 13:23 – 20:13 ● (1.04) 06:36 – 22:05 sabato
weight blood pressure notes

19 * 06:31 – 13:22 – 20:15 ● (2.13) 07:08 – 23:30 . . . domenica
weight blood pressure notes

[illegible]

maggio

27 * 06:17 – 13:21 – 20:25 ☾ (10.22) 16:12 – 04:26 lunedì
weight blood pressure notes

28 * 06:16 – 13:21 – 20:26 ☽ (11.16) 17:20 – 04:43 . . . martedì
weight . . . blood pressure notes

29 * 06:14 – 13:21 – 20:28 ☾ (12.09) 18:28 – 04:59 mercoledì
weight blood pressure notes

30 * 06:13 – 13:20 – 20:29 ☾ (12.94) 19:37 – 05:16 giovedì
weight blood pressure notes

01 * 06:11 – 13:20 – 20:30 ☾ (13.88) 20:45 – 05:36 venerdì
weight blood pressure notes

02 * 06:10 – 13:20 – 20:32 ○ (14.73) 21:53 – 05:59 sabato
weight blood pressure notes

03 * 06:08 – 13:20 – 20:33 ○ (15.59) 22:58 – 06:27 domenica
weight blood pressure notes

	week
weight.	notes

apri1e

2026

20 * 06:29 — 13:22 — 20:16 ● (3.14) 07:50 — 00:48 lunedì
weight blood pressure notes

21 * 06:27 – 13:22 – 20:17 ● (4.23) 08:46 – 01:53 martedi
weight blood pressure notes

22 * 06:26 — 13:22 — 20:19 ● (5.32) 09:55 — mercoledì
weight blood pressure notes

23 * 06:24 – 13:22 – 20:20 ● (6.33) 11:12 – 02:42 giovedì
weight blood pressure notes

24 * 06:22 – 13:21 – 20:21 ☾ (7.34) 12:31 – 03:18 venerdì
weight blood pressure notes

25 ✱ 06:21 – 13:21 – 20:23 ☾ (8.28) 13:48 – 03:46 sabato
weight blood pressure notes

26 * 06:19 — 13:21 — 20:24. ♫ (9.29) 15:01 — 04:07 . . . domenica
weight . . . blood pressure . . . notes

weight	week
	notes

maggio

2026

04 * 06:07 – 13:20 – 20:34 ○ (16.44) 23:58 – 07:03 lunedì
weight blood pressure notes

05 * 06:05 – 13:20 – 20:35 ○ (17.22) 00:50 – 07:47 martedi
weight blood pressure notes

06 * 06:04 – 13:20 – 20:37 ○ (18.08) 01:33 – 08:41 mercoledì
weight blood pressure notes

07 * 06:02 — 13:20 — 20:38 ○ (18.93) — 09:43 giovedì
weight blood pressure notes

08 * 06:01 – 13:20 – 20:39 ○ (19.79) 02:07 – 10:49 venerdì
weight blood pressure notes

09 ✱ 06:00 — 13:20 — 20:40 ○ (20.64) 02:34 — 11:59 sabato
weight blood pressure notes

10 * 05:58 – 13:20 – 20:42 (21.5) 02:56 – 13:09 domenica
weight blood pressure notes

		week
weight.	.	notes

luglio

2026

20 ✱ 05:53 — 13:30 — 21:06 ● (6.18) 13:07 — 23:51 lunedì
weight blood pressure notes

21 * 05:54 – 13:30 – 21:05. ☾ (7.11) 14:16 – 00:11 . . . martedì
weight . . . blood pressure . . . notes

22 ✱ 05:55 – 13:30 – 21:04 ☾ (7.97) 15:25 – 00:34 . mercoledì
weight . blood pressure notes

23 ✨ 05:56 – 13:30 – 21:03. 🌙 (8.82) 16:32 – 01:03 . . . giovedì
 weight . . . blood pressure . . . notes

24 ✱ 05:57 – 13:30 – 21:02 ☾ (9.68) 17:37 – 01:40 venerdì
weight blood pressure notes

25 ✱ 05:58 – 13:30 – 21:01 ☽ (10.53) 18:36 – sabato
weight blood pressure notes

26 * 05:59 — 13:30 — 20:59. ♪ (11.39) 19:27 — 02:25 . . . domenica
weight . . . blood pressure . . . notes

[illegible]

luglio

2026

06 * 05:41 – 13:28 – 21:15 ○ (19.71) 00:18 – 12:16 lunedì
weight blood pressure notes

07 * 05:41 – 13:28 – 21:15 ○ (20.72) 00:36 – 13:28 martedi
weight blood pressure notes

08 * 05:42 – 13:28 – 21:14 € (21.66) 00:58 – 14:43 mercoledì
weight blood pressure notes

09 * 05:43 — 13:28 — 21:14 ☾ (22.67) 01:26 — 16:03 giovedì
weight blood pressure notes

10 * 05:44 — 13:29 — 21:13 ☾ (23.68) — 17:25 venerdì
weight blood pressure notes

11 ✱ 05:44 – 13:29 – 21:13 ☾ (24.77) 02:03 – 18:46 sabato
weight blood pressure notes

12 ✱ 05:45 – 13:29 – 21:12 ☾ (25.78) 02:53 – 19:59 . . . domenica
weight blood pressure notes

[illegible]

giugno

2026

29 * 05:36 – 13:27 – 21:17 ☾ (13.57) 21:30 – 04:31 . . . lunedì
weight . . . blood pressure . . . notes

30 * 05:37 – 13:27 – 21:17 ○ (14.42) 22:08 – 05:28 martedi
weight blood pressure notes

01 * 05:37 – 13:27 – 21:17 ○ (15.28) 22:40 – 06:32 mercoledì
weight blood pressure notes

02 * 05:38 - 13:27 - 21:16 ○ (16.13) 23:04 - 07:40 giovedì
weight blood pressure notes

03 * 05:39 - 13:27 - 21:16 ○ (17.07) 23:25 - 08:49 venerdì
weight blood pressure notes

04 * 05:39 – 13:28 – 21:16 ○ (17.92) 23:44 – 09:58 sabato
weight blood pressure notes

05 * 05:40 – 13:28 – 21:15 ○ (18.86) 00:01 – 11:06 . . . domenica
weight blood pressure notes

weight _____ week _____
 _____ notes _____

giugno

2026

15 * 05:33 – 13:24 – 21:15 ● (0.34) 05:13 – 22:18 . . . lunedì
weight . . . blood pressure . . . notes

16 * 05:33 — 13:24 — 21:15 ● (1.43) 06:27 — 23:09 martedi
weight blood pressure notes

17 * 05:33 – 13:24 – 21:15 ● (2.52) 07:50 – 23:46 mercoledì
weight blood pressure notes

18 * 05:33 — 13:24 — 21:16 ● (3.61) 09:14 — 00:14 giovedì
weight blood pressure notes

19 * 05:33 — 13:24 — 21:16 ● (4.62) 10:35 — 00:35 venerdì
weight blood pressure notes

20 * 05:33 – 13:25 + 21:16 ● (5.63) 11:50 – 00:54 sabato
weight blood pressure notes

21 * 05:33 - 13:25 - 21:17 ● (6.64) 13:02 - 01:11 . . . domenica
weight blood pressure notes

week

maggio

2026

11 * 05:57 – 13:20 – 20:43 (22.43) 03:16 – 14:20 lunedì
weight blood pressure notes

12 * 05:56 – 13:20 – 20:44 (23.44) 03:34 – 15:33 . . . martedì
weight . . . blood pressure . . . notes

13 * 05:55 – 13:20 – 20:45 (24.38) 03:52 – 16:49 mercoledì
weight blood pressure notes

14 * 05:53 – 13:20 – 20:47 ☾ (25.47) 04:11 – 18:08 giovedì
weight blood pressure notes

15 * 05:52 – 13:20 – 20:48 (26.48) 04:34 – 19:32 venerdì
 weight blood pressure notes

16 * 05:51 – 13:20 – 20:49 (27.57) 05:02 – 20:59 sabato
weight blood pressure notes

17 * 05:50 – 13:20 – 20:50 ● (0.66) 05:40 – 22:23 domenica
weight blood pressure notes

weight _____ week _____
 _____ notes _____

maggio

2026

25 * 05:42 - 13:20 - 20:59 ☾ (8.9) 15:13 - 02:49 lunedì
weight blood pressure notes

26 * 05:41 – 13:20 – 21:00 ☾ (9.83) 16:21 – 03:06 martedi
weight blood pressure notes

27 * 05:40 - 13:20 - 21:01 ☾ (10.69) 17:28 - 03:23 mercoledì
weight blood pressure notes

28 * 05:40 – 13:20 – 21:02 ☾ (11.62) 18:36 – 03:41 giovedì
weight blood pressure notes

29 * 05:39 — 13:21 — 21:03. ☾ (12.48) 19:43 — 04:03. . . . venerdì
weight blood pressure notes

30 * 05:38 – 13:21 + 21:04. ♫ (13.33) 20:49 – 04:29. sabato
weight blood pressure notes

31 * 05:38 – 13:21 – 21:05 ○ (14.11) 21:51 – 05:03 . . . domenica
weight blood pressure notes

week

maggio

2026

18	✱ 05:49 — 13:20 — 20:51 ● (1.74) 06:31 — 23:37	lunedì
weight	blood pressure	notes
19	✱ 05:48 — 13:20 — 20:52 ● (2.83) 07:37 — 00:34	martedì
weight	blood pressure	notes
20	✱ 05:47 — 13:20 — 20:53 ● (3.92) 08:54 — 01:17	mercoledì
weight	blood pressure	notes
21	✱ 05:46 — 13:20 — 20:55 ● (5.01) 10:16 — 01:48	giovedì
weight	blood pressure	notes
22	✱ 05:45 — 13:20 — 20:56 ● (6.02) 11:36 —	venerdì
weight	blood pressure	notes
23	✱ 05:44 — 13:20 — 20:57 ☺ (7.03) 12:52 — 02:12	sabato
weight	blood pressure	notes
24	✱ 05:43 — 13:20 — 20:58 ☺ (7.97) 14:04 — 02:32	domenica
weight	blood pressure	notes
		week
weight		notes

giugno

2026

01	✱ 05:37 — 13:21 — 21:05 ○ (14.97) 22:46 — 05:45	lunedì
weight	blood pressure	notes
02	✱ 05:37 — 13:21 — 21:06 ○ (15.82) 23:31 — 06:36	martedì
weight	blood pressure	notes
03	✱ 05:36 — 13:21 — 21:07 ○ (16.68) 00:07 — 07:35	mercoledì
weight	blood pressure	notes
04	✱ 05:36 — 13:21 — 21:08 ○ (17.53) 00:36 — 08:40	giovedì
weight	blood pressure	notes
05	✱ 05:35 — 13:22 — 21:09 ○ (18.39) 01:00 — 09:48	venerdì
weight	blood pressure	notes
06	✱ 05:35 — 13:22 — 21:09 ○ (19.24) 01:20 — 10:57	sabato
weight	blood pressure	notes
07	✱ 05:34 — 13:22 — 21:10 ○ (20.18) 01:38 — 12:06	domenica
weight	blood pressure	notes
		week
weight		notes

giugno

2026

22	✱ 05:34 — 13:25 — 21:17. ☽ (7.58) 14:11 — 01:28	lunedì
weight	blood pressure	notes
23	✱ 05:34 — 13:25 — 21:17. ☽ (8.51) 15:19 — 01:46	martedì
weight	blood pressure	notes
24	✱ 05:34 — 13:26 — 21:17. ☽ (9.37) 16:27 —	mercoledì
weight	blood pressure	notes
25	✱ 05:35 — 13:26 — 21:17. ☽ (10.22) 17:35 — 02:07	giovedì
weight	blood pressure	notes
26	✱ 05:35 — 13:26 — 21:17. ☽ (11.08) 18:42 — 02:32	venerdì
weight	blood pressure	notes
27	✱ 05:35 — 13:26 — 21:17. ☽ (11.93) 19:45 — 03:03	sabato
weight	blood pressure	notes
28	✱ 05:36 — 13:26 — 21:17. ☽ (12.79) 20:41 — 03:42	domenica
weight	blood pressure	notes
		week
weight		notes

giugno

2026

08	✱ 05:34 — 13:22 — 21:11 ☾ (21.03) 01:55 — 13:16	lunedì
weight	blood pressure	notes
09	✱ 05:34 — 13:22 — 21:12 ☾ (22.04) — 14:28	martedì
weight	blood pressure	notes
10	✱ 05:33 — 13:23 — 21:12 ☾ (22.98) 02:13 — 15:43	mercoledì
weight	blood pressure	notes
11	✱ 05:33 — 13:23 — 21:13 ☾ (23.99) 02:34 — 17:03	giovedì
weight	blood pressure	notes
12	✱ 05:33 — 13:23 — 21:13 ☾ (25.08) 02:58 — 18:27	venerdì
weight	blood pressure	notes
13	✱ 05:33 — 13:23 — 21:14 ☾ (26.09) 03:30 — 19:52	sabato
weight	blood pressure	notes
14	✱ 05:33 — 13:23 — 21:14 ☾ (27.26) 04:14 — 21:12	domenica
weight	blood pressure	notes
		week
weight		notes

novembre2026

16	✱ 07:25 — 12:08 — 16:51 ● (6.18) 13:04 — 22:53 lunedì
weight	blood pressure
17	✱ 07:26 — 12:08 — 16:50 › (7.03) 13:24 — 00:01 martedì
weight	blood pressure
18	✱ 07:27 — 12:08 — 16:49 › (7.89) 13:42 — mercoledì
weight	blood pressure
19	✱ 07:29 — 12:08 — 16:48 › (8.82) 14:00 — 01:09 giovedì
weight	blood pressure
20	✱ 07:30 — 12:09 — 16:47 › (9.76) 14:18 — 02:19 venerdì
weight	blood pressure
21	✱ 07:31 — 12:09 — 16:46 › (10.69) 14:37 — 03:32 sabato
weight	blood pressure
22	✱ 07:33 — 12:09 — 16:45 › (11.7) 15:01 — 04:49 domenica
weight	blood pressure

	week
weight	notes

novembre2026

02	✱ 07:05 — 12:07 — 17:08 ℄ (21.58) 00:28 — 14:10 lunedì
weight	blood pressure
03	✱ 07:06 — 12:07 — 17:07 ℄ (22.59) — 14:32 martedì
weight	blood pressure
04	✱ 07:08 — 12:07 — 17:05 ℄ (23.52) 01:43 — 14:51 mercoledì
weight	blood pressure
05	✱ 07:09 — 12:07 — 17:04 ℄ (24.53) 02:55 — 15:08 giovedì
weight	blood pressure
06	✱ 07:10 — 12:07 — 17:03 ℄ (25.47) 04:06 — 15:26 venerdì
weight	blood pressure
07	✱ 07:12 — 12:07 — 17:01 ℄ (26.4) 05:17 — 15:45 sabato
weight	blood pressure
08	✱ 07:13 — 12:07 — 17:00 ℄ (27.33) 06:27 — 16:08 domenica
weight	blood pressure

	week
weight	notes

agosto2026

03	✱ 06:09 — 13:29 — 20:49 ○ (18.47) 22:42 — 11:19 lunedì
weight	blood pressure
04	✱ 06:10 — 13:29 — 20:48 ○ (19.4) 23:03 — 12:32 martedì
weight	blood pressure
05	✱ 06:11 — 13:29 — 20:47 ○ (20.41) 23:27 — 13:49 mercoledì
weight	blood pressure
06	✱ 06:12 — 13:29 — 20:45 ℄ (21.34) 23:59 — 15:08 giovedì
weight	blood pressure
07	✱ 06:13 — 13:29 — 20:44 ℄ (22.36) 00:42 — 16:28 venerdì
weight	blood pressure
08	✱ 06:15 — 13:29 — 20:42 ℄ (23.44) 01:40 — 17:42 sabato
weight	blood pressure
09	✱ 06:16 — 13:29 — 20:41 ℄ (24.46) — 18:44 domenica
weight	blood pressure

	week
weight	notes

agosto2026

17	✱ 06:26 — 13:27 — 20:28 ● (4.7) 11:59 — 22:14 lunedì
weight	blood pressure
18	✱ 06:27 — 13:27 — 20:26 ● (5.63) 13:09 — 22:36 martedì
weight	blood pressure
19	✱ 06:28 — 13:27 — 20:25 ● (6.49) 14:19 — 23:03 mercoledì
weight	blood pressure
20	✱ 06:29 — 13:27 — 20:23 › (7.42) 15:25 — 23:37 giovedì
weight	blood pressure
21	✱ 06:31 — 13:26 — 20:21 › (8.28) 16:27 — 00:19 venerdì
weight	blood pressure
22	✱ 06:32 — 13:26 — 20:19 › (9.06) 17:22 — 01:10 sabato
weight	blood pressure
23	✱ 06:33 — 13:26 — 20:18 › (9.91) 18:07 — domenica
weight	blood pressure

	week
weight	notes

agosto 2026

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

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

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

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

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

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

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

	week
weight	notes

agosto 2026

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

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

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

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

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

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

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

weight _____ week
_____ notes

novembre 2026

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

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

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

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

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

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

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

	week
weight _____ notes _____	

novembre 2026

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

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

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

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

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

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

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

	week
weight	notes

ottobre

19 * 07:45 — 13:08 — 18:30 ☽ (7.73) 15:39 — 01:00 lunedì
weight blood pressure notes

20 * 07:47 — 13:08 — 18:29 » (8.59) 16:02 — martedì
weight blood pressure notes

21 ✱ 07:48 – 13:08 – 18:27 ☾ (9.44) 16:22 – 02:09 mercoledì
weight blood pressure notes

22 * 07:49 – 13:08 – 18:25 ☾ (10.38) 16:40 – 03:19 giovedì
weight blood pressure notes

23 ✱ 07:51 — 13:08 — 18:24 ♫ (11.31) 16:58 — 04:29 . . . venerdì
weight . . . blood pressure notes

24 ✱ 07:52 – 13:07 – 18:22 ☾ (12.24) 17:16 – 05:42 sabato
weight blood pressure notes

25 * 06:54 – 12:07 – 17:20 ☾ (13.26) 16:38 – 05:59 domenica
weight blood pressure notes

	week
weight.	notes

ottobre

05 * 07:27 – 13:12 – 18:56 (22.9) – 16:40 lunedì
weight blood pressure notes

06 * 07:28 – 13:11 – 18:54 (23.91) 02:20 – 17:05 martedì
weight blood pressure notes

07 * 07:29 – 13:11 – 18:52 (24.92) 03:38 – 17:26 mercoledì
weight blood pressure notes

08 * 07:31 — 13:11 — 18:50 € (25.93) 04:54 — 17:45 giovedì
weight blood pressure notes

09 * 07:32 — 13:11 — 18:48 ☾ (26.87) 06:07 — 18:02 . . . venerdì
weight . . . blood pressure notes

10 * 07:33 – 13:10 – 18:46 ☾ (27.88) 07:19 – 18:21 sabato
weight blood pressure notes

11 * 07:35 – 13:10 – 18:45 ● (0.81) 08:31 – 18:41 . . . domenica
weight . . . blood pressure notes

weight

week

notes

settembre

31 * 06:43 – 13:24 – 20:03 ○ (17.14) 21:09 – 10:22 lunedì
weight blood pressure notes

01 * 06:44 – 13:23 – 20:01 ○ (18.16) 21:32 – 11:38 martedì
weight blood pressure notes

02 * 06:45 – 13:23 – 19:59 ○ (19.09) 22:01 – 12:57 mercoledì
weight blood pressure notes

03 * 06:47 – 13:23 – 19:58 ○ (20.1) 22:40 – 14:16 giovedì
weight blood pressure notes

04 * 06:48 – 13:22 – 19:56 (21.11) 23:31 – 15:31 venerdì
weight blood pressure notes

05 * 06:49 – 13:22 – 19:54 (22.12) 00:36 – 16:36 sabato
weight blood pressure notes

06 * 06:50 – 13:22 – 19:52 (23.21) 01:53 – 17:28 domenica
weight blood pressure notes

	week
weight	notes

settembre

14 * 07:00 – 13:19 – 19:36 ● (3.22) 10:50 – 20:38 lunedì
weight blood pressure notes

15 * 07:02 – 13:19 – 19:35 ● (4.16) 12:01 – 21:03 martedì
weight blood pressure notes

16 * 07:03 – 13:18 – 19:33 ● (5.01) 13:10 – 21:34 . mercoledì
weight blood pressure notes

17 * 07:04 – 13:18 – 19:31 ● (5.87) 14:15 – 22:13 giovedì
weight blood pressure notes

18 * 07:05 – 13:18 – 19:29 ● (6.72) 15:12 – 23:01 venerdì
weight blood pressure notes

19 ✱ 07:07 – 13:17 – 19:27 ☾ (7.58) 16:01 – 23:57 sabato
weight blood pressure notes

20 * 07:08 – 13:17 – 19:25 ☾ (8.43) 16:41 – 01:01 . . . domenica
weight . . . blood pressure notes

	week
weight.	notes

settembre 2026

07 * 06:52 – 13:21 – 19:50 (24.22) – 18:07 lunedì
weight blood pressure notes

08 * 06:53 — 13:21 — 19:48 ☾ (25.23) 03:14 — 18:37 . . . martedì
weight . . . blood pressure . . . notes

09 * 06:54 - 13:21 - 19:46 (26.24) 04:36 - 19:01 mercoledì
 weight blood pressure notes

10 ☼ 06:55 — 13:20 — 19:44 ☾ (27.33) 05:55 — 19:22 giovedì
weight blood pressure notes

11 * 06:57 — 13:20 — 19:42 ● (0.34) 07:11 — 19:40 venerdì
weight blood pressure notes

12 ☼ 06:58 — 13:20 — 19:40 ● (1.28) 08:25 — 19:58 sabato
weight blood pressure notes

13 ☼ 06:59 — 13:19 — 19:38 ● (2.29) 09:38 — 20:17 domenica
weight blood pressure notes

	week
weight	notes

settembre 2026

21 * 07:09 – 13:16 – 19:23 » (9.29) 17:13 – lunedì
weight blood pressure notes

22 * 07:10 – 13:16 – 19:21 ☾ (10.14) 17:38 – 02:08 martedì
weight blood pressure notes

23 ✱ 07:11 – 13:16 – 19:19 ☾ (11.0) 18:00 – 03:18 mercoledì
weight blood pressure notes

24 ☼ 07:13 — 13:15 — 19:17 ☾ (11.93) 18:19 — 04:28 giovedì
weight blood pressure notes

25 ✱ 07:14 – 13:15 – 19:15 ☾ (12.87) 18:37 – 05:39 . . . venerdì
weight blood pressure notes

26 ✨ 07:15 — 13:15 — 19:13 🌙 (13.8) 18:54 — 06:51 sabato
weight blood pressure notes

27 ✱ 07:17 — 13:14 — 19:11 ○ (14.73) 19:14 — 08:05 domenica
weight blood pressure notes

	week
weight	notes

ottobre 2026

12 * 07:36 – 13:10 – 18:43 ● (1.74) 09:42 – 19:05 lunedì
weight blood pressure notes

13 * 07:37 – 13:10 – 18:41 ● (2.6) 10:53 – 19:33 martedì
weight blood pressure notes

14 * 07:39 — 13:09 — 18:39 ● (3.53) 12:00 — 20:09 mercoledì
weight blood pressure notes

15 ☼ 07:40 – 13:09 – 18:37 ● (4.39) 13:01 – 20:53 giovedì
weight blood pressure notes

16 * 07:41 — 13:09 — 18:36 ● (5.24) 13:54 — 21:47 venerdì
weight blood pressure notes

17 ☼ 07:43 — 13:09 — 18:34 ● (6.02) 14:37 — 22:47 sabato
weight blood pressure notes

18 ☼ 07:44 — 13:08 — 18:32 ● (6.88) 15:11 — 23:52 domenica
weight blood pressure notes

	week
weight	notes

ottobre 2026

28 * 07:18 – 13:14 – 19:09 ○ (15.74) 19:36 – 09:22 lunedì
weight blood pressure notes

29 * 07:19 – 13:14 – 19:07 ○ (16.76) 20:04 – 10:42 martedì
weight blood pressure notes

30 * 07:20 – 13:13 – 19:05 ○ (17.77) 20:40 – 12:03 mercoledì
weight blood pressure notes

01 ☼ 07:22 – 13:13 – 19:03 ○ (18.86) 21:27 – 13:21 giovedì
weight blood pressure notes

02 * 07:23 – 13:13 – 19:01 ○ (19.87) 22:29 – 14:30 venerdì
weight blood pressure notes

03 ✨ 07:24 — 13:12 — 19:00 ○ (20.88) 23:41 — 15:25 sabato
weight blood pressure notes

04 ✱ 07:25 — 13:12 — 18:58 ☾ (21.89) 01:00 — 16:08 domenica
weight blood pressure notes

	week
weight	notes

novembre

2026

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

dicembre

2026

07	✱ 07:51 — 12:14 — 16:38 ☾ (26.71) 06:35 — 15:07	lunedì
weight	blood pressure	notes
08	✱ 07:52 — 12:15 — 16:38 ☾ (27.57) 07:40 — 15:46	martedì
weight	blood pressure	notes
09	✱ 07:53 — 12:15 — 16:38 ● (0.42) 08:39 — 16:33	mercoledì
weight	blood pressure	notes
10	✱ 07:54 — 12:16 — 16:38 ● (1.28) 09:28 — 17:29	giovedì
weight	blood pressure	notes
11	✱ 07:55 — 12:16 — 16:38 ● (2.13) 10:09 — 18:31	venerdì
weight	blood pressure	notes
12	✱ 07:55 — 12:17 — 16:38 ● (2.99) 10:41 — 19:36	sabato
weight	blood pressure	notes
13	✱ 07:56 — 12:17 — 16:38 ● (3.77) 11:06 — 20:42	domenica
weight	blood pressure	notes
		week
weight		notes

novembre

2026

30	✱ 07:43 — 12:12 — 16:40 ○ (20.18) 23:34 — 12:36	lunedì
weight	blood pressure	notes
01	✱ 07:44 — 12:12 — 16:40 ☾ (21.19) 00:47 — 12:56	martedì
weight	blood pressure	notes
02	✱ 07:45 — 12:12 — 16:40 ☾ (22.2) — 13:14	mercoledì
weight	blood pressure	notes
03	✱ 07:46 — 12:13 — 16:39 ☾ (23.13) 01:58 — 13:32	giovedì
weight	blood pressure	notes
04	✱ 07:47 — 12:13 — 16:39 ☾ (24.07) 03:08 — 13:51	venerdì
weight	blood pressure	notes
05	✱ 07:49 — 12:14 — 16:39 ☾ (24.92) 04:17 — 14:12	sabato
weight	blood pressure	notes
06	✱ 07:50 — 12:14 — 16:39 ☾ (25.86) 05:27 — 14:37	domenica
weight	blood pressure	notes
		week
weight		notes

dicembre

2026

14	✱ 07:57 — 12:18 — 16:39 ● (4.62) 11:28 — 21:49	lunedì
weight	blood pressure	notes
15	✱ 07:58 — 12:18 — 16:39 ● (5.48) 11:46 — 22:55	martedì
weight	blood pressure	notes
16	✱ 07:59 — 12:19 — 16:39 ● (6.33) 12:03 — 00:02	mercoledì
weight	blood pressure	notes
17	✱ 07:59 — 12:19 — 16:39 ☽ (7.27) 12:20 —	giovedì
weight	blood pressure	notes
18	✱ 08:00 — 12:20 — 16:40 ☽ (8.2) 12:39 — 01:11	venerdì
weight	blood pressure	notes
19	✱ 08:01 — 12:20 — 16:40 ☽ (9.13) 12:59 — 02:24	sabato
weight	blood pressure	notes
20	✱ 08:01 — 12:21 — 16:40 ☽ (10.14) 13:25 — 03:41	domenica
weight	blood pressure	notes
		week
weight		notes

21	✱ 08:02 — 12:21 — 16:41 ☾ (11.16) 13:59 — 05:02	lunedì
weight	blood pressure	notes
22	✱ 08:02 — 12:22 — 16:41 ☾ (12.24) 14:44 — 06:24	martedì
weight	blood pressure	notes
23	✱ 08:03 — 12:22 — 16:42 ☾ (13.26) 15:46 — 07:41	mercoledì
weight	blood pressure	notes
24	✱ 08:03 — 12:23 — 16:43 ○ (14.34) 17:02 — 08:45	giovedì
weight	blood pressure	notes
25	✱ 08:03 — 12:23 — 16:43 ○ (15.51) 18:27 — 09:33	venerdì
weight	blood pressure	notes
26	✱ 08:04 — 12:24 — 16:44 ○ (16.6) 19:53 — 10:10	sabato
weight	blood pressure	notes
27	✱ 08:04 — 12:24 — 16:45 ○ (17.61) 21:15 — 10:37	domenica
weight	blood pressure	notes
		week
weight		notes

28

✱ 08:04 — 12:24 — 16:45

○ (18.7) 22:33 — 11:00

lunedì

weight

blood pressure

notes

29

✱ 08:04 — 12:25 — 16:46

○ (19.71) 23:47 — 11:19

martedì

weight

blood pressure

notes

30

✱ 08:05 — 12:25 — 16:47

○ (20.72) 00:59 — 11:37

mercoledì

weight

blood pressure

notes

31

✱ 08:05 — 12:26 — 16:48

☾ (21.66) — 11:56

giovedì

weight

blood pressure

notes

01

✱ 08:05 — 12:26 — 16:49

☾ (22.59) 02:09 — 12:16

venerdì

weight

blood pressure

notes

02

✱ 08:05 — 12:27 — 16:50

☾ (23.44) 03:19 — 12:40

sabato

weight

blood pressure

notes

03

✱ 08:05 — 12:27 — 16:51

☾ (24.38) 04:27 — 13:09

domenica

weight

blood pressure

notes

week

weight

notes