

Date	Time			
3/19/2024		145	85	before meds
3/19/2024		137	77	after meds
3/20/2024		157	83	mid after noon forgot meds
3/21/2024		135	75	
3/23/2024		158	88	before meds
3/23/2024		133	75	after meds
3/23/2024		176	98	returned from driving to dallas
3/23/2024		136	82	after 40 min rest
3/25/2024		149	95	
3/26/2024		159	96	no morning med
3/27/2024		135	80	
3/28/2024		175	100	took clodine
3/28/2024		135	85	
3/29/2024		145	75	
3/29/2024		111	68	3 hours yard work
3/31/2024		121	71	
4/1/2024		126	73	after yard work
4/2/2024		159	97	
4/2/2024		143	83	
4/3/2024		129	88	
4/4/2024		143	80	
4/4/2024		149	96	
4/3/2024		127	78	
4/5/2024	16:08	100	59	74 after heavy yard work
4/5/2024	16:13	110	65	75 a few minutes later
4/5/2024	17:12	123	69	72 an hour later
4/5/2024	17:17	124	73	71 repeat
4/5/2024	21:45	140	80	63
4/6/2024	8:26	145	85	67
4/6/2024	11:35	119	74	76
4/6/2024	21:47	143	81	81
4/7/2024	8:30	145	91	64
4/7/2024	15:18	122	70	77 after cleaning pool
4/7/2024	22:37	145	87	74
4/8/2024	8:26	151	95	62
4/8/2024	9:30	142	83	64
4/8/2024	22:21	168	94	70
4/9/2024	8:49	169	99	58
4/9/2024	10:48	150	90	60