

	Breakfast		Lunch		Dinner		Bedtime		Meds?	BP	Walk
	Pre	Post	Pre	Post	Pre	Post	Pre	Post			
06 June 2021									Yes	145/91 - 2PM 146/82 - 7PM	
07 June 2021									Yes	132/90 - 9PM	4.42km
08 June 2021	6.4	7.5							Yes	145/75 - 11AM	
09 June 2021	6.2								Yes		
10 June 2021	6.5	7.8	6.3	6.7					Yes	142/92 - 6pm	3.34km
11 June 2021									No		3.6km
12 June 2021									No		
13 June 2021									No		4.05km
14 June 2021									Yes		
15 June 2021									?		5.34km
16 June 2021									?	153/87 - 11AM	
17 June 2021									?		2.35km
18 June 2021									?		5.63km
19 June 2021									?		4.03km
20 June 2021									?		7.87km
21 June 2021									?	129/77 - 8AM	5.24km
22 June 2021									?		4.07km
23 June 2021									?		3.75km
24 June 2021									?		2.93km
25 June 2021									?		5.75km
26 June 2021									?		6.55km
27 June 2021	7				6.7	8.2			Yes	143/91 - 6PM	8.33km
28 June 2021	6.7								Yes	144/80 - 8AM 139/80 - 7PM	3.95km
29 June 2021	6		6.4	8.9	7.5	8.1			Yes		6.56km
30 June 2021	6.8				7	7.9			Yes		3km
01 July 2021	6.2				6.1	8.4			Yes	142/85 - 8AM	3.18km
02 July 2021	7								Yes		3.02km
03 July 2021									No		4.83km
04 July 2021	6.9		7	8.1	6.3	6.7			Yes	141/81 - 8AM 137/79 - 6PM	5.45km
05 July 2021	6.2									139/83 - 8AM	