

SUBRA HEALTH

CLINICAL LOG

AHA / ESH FORMAT

Standardized On-Device Vitals Logbook | Space ID: space-father-01

Date Range: 07 Oct - 14 Oct 2026
Generated: Today 07:15 AM

PATIENT SPACE Father's Space (Age 68)	PRIMARY DEVICE OMRON HEM-7120 (Arm BP)	TOTAL SAMPLES 14 Validated Readings
7-DAY MEAN SYS 120 mmHg	7-DAY MEAN DIA 79 mmHg	MEAN RESTING PULSE 71 bpm

DETAILED CHRONOLOGICAL VITALS LOG

DATE & TIME	TYPE	SYS / DIA	PULSE	PHYSICIAN / PATIENT CLINICAL NOTES
14 Oct - 07:10 AM	Blood Pressure	118 / 78	70 bpm	"Felt dizzy after morning walk; rested 15 mins."
13 Oct - 08:30 PM	Blood Pressure	122 / 80	72 bpm	Evening resting reading after dinner.
13 Oct - 07:05 AM	Blood Pressure	121 / 79	69 bpm	Fasting reading, prior to morning medication.
12 Oct - 08:20 PM	Blood Pressure	124 / 82	73 bpm	Normal resting reading.
12 Oct - 07:15 AM	Blood Pressure	119 / 79	68 bpm	Post morning gentle stretching.
11 Oct - 08:15 PM	Blood Pressure	120 / 78	71 bpm	Resting, calm state.
11 Oct - 07:20 AM	Blood Pressure	117 / 77	69 bpm	Morning fasting reading.
10 Oct - 08:45 PM	Blood Pressure	125 / 83	75 bpm	Evening reading, mild fatigue reported.
10 Oct - 07:10 AM	Blood Pressure	123 / 81	74 bpm	Mild frontal headache noted.
09 Oct - 08:30 PM	Blood Pressure	119 / 79	70 bpm	Evening reading.
09 Oct - 07:00 AM	Blood Pressure	120 / 80	71 bpm	Fasting reading.
08 Oct - 08:15 PM	Blood Pressure	122 / 81	72 bpm	Evening reading after family dinner.
08 Oct - 07:15 AM	Blood Pressure	118 / 78	68 bpm	Morning resting baseline.
07 Oct - 07:30 AM	Blood Pressure	121 / 80	70 bpm	Initial baseline reading after doctor visit.

PHYSICIAN CLINICAL REVIEW & MEDICATION ADJUSTMENT NOTES

Physician Name: _____ Signature: _____ Date: _____
Notes / Rx Changes: _____