



DATE:	02-05-2024	TIME:	07:43 PM
NAME:	RajS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			74
BREATHING RATE:			13
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115 / 67
STRESS LEVEL:			High
HEART RATE VARIABILITY:			52.18
HEMOGLOBIN:			14.54
HBA1C:			4.99
CHOLESTEROL:			137.77
PRQ:			5.70
ACTIVITY:			5

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SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4
RELAXATION:			3
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK