



DATE:	28-03-2024	TIME:	08:26 PM
NAME:	uksdu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			86
BREATHING RATE:			20
PRQ:			4.24
STRESS LEVEL:			258
BLOOD PRESSURE:			144 / 78
HEART RATE VARIABILITY:			37.72
OXYGEN SATURATION:			98
ACTIVITY:			3
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			1
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK