



DATE:	19-06-2024	TIME:	11:45 AM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		73	
BREATHING RATE:		22	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		121 / 85	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		39	
PRQ:		3.23	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK