



DATE:	21-03-2024	TIME:	12:02 PM
NAME:	ABKO Group		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	88	57	
BREATHING RATE:	10	11	
PRQ:	8.66	5.38	
STRESS LEVEL:	13	13	
BLOOD PRESSURE:	113 / 82	113 / 82	
HEART RATE VARIABILITY:	698.88	165.55	
OXYGEN SATURATION:	98	98	
ACTIVITY:	4	3	
SLEEP:	2	3	
EQUILIBRIUM:	3	5	
METABOLISM:	3	5	

DATE:	21-03-2024	TIME:	12:02 PM
NAME:	ABKO Group		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	3	2	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK