



DATE:	01-04-2024	TIME:	01:08 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		76	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		142 / 81	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		58.88	
HEMOGLOBIN:		13.95	
HBA1C:		5.90	
CHOLESTEROL:		142.58	
PRQ:		5.14	
ACTIVITY:		4	

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SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		3	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK