



DATE:	15-04-2024	TIME:	10:41 AM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		81	
BREATHING RATE:		20	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		142 / 81	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		53.52	
HEMOGLOBIN:		15.49	
HBA1C:		5.50	
CHOLESTEROL:		171.39	
PRQ:		4.04	
ACTIVITY:		4	

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SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	
RELAXATION:		2	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK