



DATE:	08-03-2024	TIME:	06:05 PM
NAME:	ntr		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			91
BREATHING RATE:			15
PRQ:			5.93
STRESS LEVEL:			58
BLOOD PRESSURE:			115 / 82
HEART RATE VARIABILITY:			19.07
OXYGEN SATURATION:			98
ACTIVITY:			2
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

DATE:	08-03-2024	TIME:	06:05 PM
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RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS  
LOG BOOK