



DATE:	01-07-2024	TIME:	12:45 PM
NAME:	Pramod Singh Kumar jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		79	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		115/67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		71	
PRQ:		5.7	
ACTIVITY:		3	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	01-07-2024	TIME:	12:45 PM
NAME:	Pramod Singh Kumar jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		4	
HEMOGLOBIN:			
HBA1C:			
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK