



DATE:	03-07-2024	TIME:	06:35 PM
NAME:	Pramod Singh Kumar jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			78
BREATHING RATE:			20
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115/68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			87
PRQ:			3.9
ACTIVITY:			3
SLEEP:			2
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			4
HEMOGLOBIN:			
HBA1C:			
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK