



DATE:	21-03-2024	TIME:	04:53 PM
NAME:	Himanshu Jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			109
BREATHING RATE:			25
PRQ:			4.33
STRESS LEVEL:			125
BLOOD PRESSURE:			110 / 75
HEART RATE VARIABLITY:			28.19
OXYGEN SATURATION:			-1
ACTIVITY:			2
SLEEP:			2
EQUILIBRIUM:			2
METABOLISM:			2

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RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK