



DATE:	24-06-2024	TIME:	01:19 PM
NAME:	Himanshu Jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		102	
BREATHING RATE:		11	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		111 / 83	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		109	
PRQ:		9.39	
ACTIVITY:			
SLEEP:		4	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		4	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK