



DATE:	29-03-2024	TIME:	02:47 PM
NAME:	Lucy Chiu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		97	
BREATHING RATE:		8	
PRQ:		12.35	
STRESS LEVEL:		45	
BLOOD PRESSURE:		116 / 82	
HEART RATE VARIABILITY:		102.31	
OXYGEN SATURATION:		98	
ACTIVITY:		5	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		3	
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK