



DATE:	29-03-2024	TIME:	10:11 PM
NAME:	Mnt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			15
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 81
STRESS LEVEL:			High
HEART RATE VARIABILITY:			43.46
HEMOGLOBIN:			15.11
HBA1C:			5.20
CHOLESTEROL:			142.74
PRQ:			4.92
ACTIVITY:			5

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SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4
RELAXATION:			2
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK