



DATE:	17-04-2024	TIME:	11:53 AM
NAME:	DNT		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		66	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		117 / 68	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		60.66	
HEMOGLOBIN:		15.29	
HBA1C:		5.21	
CHOLESTEROL:		152.69	
PRQ:		4.39	
ACTIVITY:		4	

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

# VITAL SIGNS LOG BOOK