



DATE:	02-06-2024	TIME:	09:09 AM
NAME:	Don		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	82	81	
BREATHING RATE:	15	18	
OXYGEN SATURATION:	98	94	
BLOOD PRESSURE:	117 / 81	119 / 84	
STRESS LEVEL:	High	High	
HEART RATE VARIABILITY:	25	31	
PRQ:	5.54	4.38	
ACTIVITY:	3	4	
SLEEP:	4	4	
EQUILIBRIUM:	3	5	
METABOLISM:	3	5	

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RELAXATION:	1	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	6.5	6.5	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK