



DATE:	25-06-2024	TIME:	11:01 AM
NAME:	Ismail Tchikou		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		81	
BREATHING RATE:		9	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		113 / 79	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		31	
PRQ:		8.58	
ACTIVITY:		5	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK