



DATE:	14-06-2024	TIME:	08:48 PM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			65
BREATHING RATE:			10
OXYGEN SATURATION:			98
BLOOD PRESSURE:			117 / 85
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			60
PRQ:			6.33
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

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

# VITAL SIGNS

## LOG BOOK