



DATE:	12-06-2024	TIME:	01:07 AM
NAME:	Temo Mezoo		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	84		
BREATHING RATE:	16		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	121 / 85		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	38		
PRQ:	5.08		
ACTIVITY:	5		
SLEEP:	4		
EQUILIBRIUM:	4		
METABOLISM:	4		

DATE:	12-06-2024	TIME:	01:07 AM
NAME:	Temo Mezoo		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	2		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK