



DATE:	30-07-2024	TIME:	02:32 PM
NAME:	jack		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		85	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126/85	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		73	
PRQ:		6.1	
ACTIVITY:		-1	
SLEEP:		-1	
EQUILIBRIUM:		-1	
METABOLISM:		-1	

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

VITAL SIGNS

LOG BOOK