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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 24-06-2024 | TIME: | 11:08 AM |
| NAME: | kl | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 91 | |
| BREATHING RATE: | | 10 | |
| OXYGEN SATURATION: | | 98 | |
| BLOOD PRESSURE: | | 114/67 | |
| STRESS LEVEL: | | Low | |
| HEART RATE VARIABILITY: | | 122 | |
| PRQ: | | --- | |
| ACTIVITY: | | 4 | |
| SLEEP: | | 2 | |
| EQUILIBRIUM: | | 3 | |
| METABOLISM: | | 3 | |

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| RELAXATION: | | 4 | |
| HEMOGLOBIN: | | | |
| HBA1C: | | 4.0 – 5.6 | |
| CHOLESTEROL: | | | |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK