



DATE:	30-06-2024	TIME:	01:40 PM
NAME:	Terrence Amenya		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		73	
BREATHING RATE:		21	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		139 / 88	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		61	
PRQ:		3.42	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	

DATE:	30-06-2024	TIME:	01:40 PM
NAME:	Terrence Amenya		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK