



DATE:	10-07-2024	TIME:	01:30 PM
NAME:	Michael Papadopoulos		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		82	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		118 / 91	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		24	
PRQ:		5.49	
ACTIVITY:		3	
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK