



DATE:	10-07-2024	TIME:	05:45 PM
NAME:	Giselle Hernandez		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			80
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			116 / 83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			40
PRQ:			7.34
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK