



DATE:	12-07-2024	TIME:	08:54 AM
NAME:	Hardat Singh		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		74	
BREATHING RATE:		21	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		127 / 84	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		55	
PRQ:		3.50	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		2	
METABOLISM:		2	

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

VITAL SIGNS LOG BOOK