



DATE:	13-07-2024	TIME:	02:58 PM
NAME:	Solom Heddaya		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		77	
BREATHING RATE:		7	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		120 / 85	
STRESS LEVEL:		Mild	
HEART RATE VARIABILITY:		13	
PRQ:		10.73	
ACTIVITY:		2	
SLEEP:		2	
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