



DATE:	17-07-2024	TIME:	07:34 PM
NAME:	Jimmy Winkelmann		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			23
OXYGEN SATURATION:			95
BLOOD PRESSURE:			113/75
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			41
PRQ:			3.2
ACTIVITY:			2
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

DATE:	17-07-2024	TIME:	07:34 PM
NAME:	Jimmy Winkelmann		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			2
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK