



DATE:	19-07-2024	TIME:	01:14 PM
NAME:	djd		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		67	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		119 / 82	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		59	
PRQ:		3.71	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK