



DATE:	19-07-2024	TIME:	10:31 AM
NAME:	Summer		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		67	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		111 / 84	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		45	
PRQ:		5.22	
ACTIVITY:		5	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK