



DATE:	24-07-2024	TIME:	02:08 PM
NAME:	tom		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		71	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		114/69	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		75	
PRQ:		4.8	
ACTIVITY:		4	
SLEEP:		1	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		3	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK