



DATE:	02-08-2024	TIME:	06:58 PM
NAME:	Scottishness		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			77
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 69
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			38
PRQ:			4.20
ACTIVITY:			5
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK