



DATE:	05-08-2024	TIME:	09:00 PM
NAME:	Scottishness		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			98
BREATHING RATE:			24
OXYGEN SATURATION:			98
BLOOD PRESSURE:			110 / 74
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			57
PRQ:			4.07
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK