



DATE:	29-07-2024	TIME:	11:02 AM
NAME:	Scottishness		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	78	53	
BREATHING RATE:	13	18	
OXYGEN SATURATION:	96	98	
BLOOD PRESSURE:	120 / 69	118 / 68	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	37	32	
PRQ:	6.22	2.90	
ACTIVITY:	4	5	
SLEEP:	4	4	
EQUILIBRIUM:	2	3	
METABOLISM:	2	3	

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RELAXATION:	2	1	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	6.5	6.5	
CHOLESTEROL:	Coming soon	Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK