



DATE:	03-08-2024	TIME:	06:11 PM
NAME:	Glen Bowker		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			89
BREATHING RATE:			14
OXYGEN SATURATION:			98
BLOOD PRESSURE:			127 / 81
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			19
PRQ:			6.40
ACTIVITY:			4
SLEEP:			2
EQUILIBRIUM:			2
METABOLISM:			2

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

# VITAL SIGNS

## LOG BOOK