



DATE:	27-07-2024	TIME:	04:20 PM
NAME:	Glen Bowker		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		86	75
BREATHING RATE:		15	18
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		124 / 87	125 / 76
STRESS LEVEL:		Low	Normal
HEART RATE VARIABILITY:		33	33
PRQ:		5.87	4.23
ACTIVITY:		4	5
SLEEP:		4	4
EQUILIBRIUM:		5	4
METABOLISM:		5	4

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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