



DATE:	30-07-2024	TIME:	07:15 PM
NAME:	Lara Adel		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			56
BREATHING RATE:			14
OXYGEN SATURATION:			98
BLOOD PRESSURE:			116 / 67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			115
PRQ:			3.90
ACTIVITY:			
SLEEP:			3
EQUILIBRIUM:			1
METABOLISM:			1

DATE:	30-07-2024	TIME:	07:15 PM
NAME:	Lara Adel		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK