



DATE:	11-08-2024	TIME:	03:29 PM
NAME:	Jose		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		66	
BREATHING RATE:		10	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		120 / 69	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		94	
PRQ:		6.38	
ACTIVITY:			
SLEEP:		3	
EQUILIBRIUM:		1	
METABOLISM:		1	

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

VITAL SIGNS LOG BOOK