



DATE:	14-08-2024	TIME:	04:47 PM
NAME:	white		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		94	57
BREATHING RATE:		23	23
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		113/70	110/67
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		86	93
PRQ:		4.1	2.4
ACTIVITY:		4	4
SLEEP:		3	3
EQUILIBRIUM:		3	3
METABOLISM:		3	3

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RELAXATION:		3	4
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK