



DATE:	14-08-2024	TIME:	04:05 PM
NAME:	Apple		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		80	91
BREATHING RATE:		13	33
OXYGEN SATURATION:		95	98
BLOOD PRESSURE:		112 / 68	111 / 67
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		49	89
PRQ:		6.00	2.79
ACTIVITY:		5	
SLEEP:		5	4
EQUILIBRIUM:		5	1
METABOLISM:		5	1

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RELAXATION:		2	3
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:		Coming soon	Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK