



DATE:	19-08-2024	TIME:	11:55 PM
NAME:	Ethan East		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			64
BREATHING RATE:			31
OXYGEN SATURATION:			94
BLOOD PRESSURE:			117 / 83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			85
PRQ:			2.08
ACTIVITY:			3
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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

VITAL SIGNS

LOG BOOK