



DATE:	23-08-2024	TIME:	07:09 AM
NAME:	Lydia Rogers		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	79		
BREATHING RATE:	10		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	121 / 76		
STRESS LEVEL:	Normal		
HEART RATE VARIABILITY:	25		
PRQ:	7.55		
ACTIVITY:	3		
SLEEP:	4		
EQUILIBRIUM:	3		
METABOLISM:	3		

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RELAXATION:	1		
HEMOGLOBIN:	Coming soon		
HBA1C:	6.5		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK