



DATE:	26-08-2024	TIME:	12:35 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	72		
BREATHING RATE:	17		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	114 / 72		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	32		
PRQ:	4.25		
ACTIVITY:	4		
SLEEP:	5		
EQUILIBRIUM:	4		
METABOLISM:	4		

DATE:	26-08-2024	TIME:	12:35 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	2		
HEMOGLOBIN:	Coming soon		
HBA1C:	6.5		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK