



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 28-08-2024          | TIME:               | 08:18 AM          |
| NAME:                   | Matt                |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     | 83                  |                   |
| BREATHING RATE:         |                     | 44                  |                   |
| OXYGEN SATURATION:      |                     | 98                  |                   |
| BLOOD PRESSURE:         |                     | 118 / 68            |                   |
| STRESS LEVEL:           |                     | Low                 |                   |
| HEART RATE VARIABILITY: |                     | 34                  |                   |
| PRQ:                    |                     | 1.90                |                   |
| ACTIVITY:               |                     | 5                   |                   |
| SLEEP:                  |                     | 5                   |                   |
| EQUILIBRIUM:            |                     | 4                   |                   |
| METABOLISM:             |                     | 4                   |                   |

|               |                     |                     |                   |
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| RELAXATION:   |                     | 2                   |                   |
| HEMOGLOBIN:   |                     | Coming soon         |                   |
| HBA1C:        |                     | 6.5                 |                   |
| CHOLESTEROL:  |                     | Coming soon         |                   |
| <u>NOTES:</u> |                     |                     |                   |

# VITAL SIGNS LOG BOOK