



DATE:	18-12-2023	TIME:	06:18 PM
NAME:	hmm		
	MORNING	MID-DAY	NIGHT
HEART RATE:		68	64
BREATHING RATE:		21	22
PRQ:		3.3	2.9
STRESS LEVEL:		Low	High
BLOOD PRESSURE:		122/76	107/71
HEART RATE VARIABILITY:		2.384	0.807
OXYGEN SATURATION:		99	99
HBA1C:		5.81	5.91
HEMOGLOBIN:		11.0	11.3
NOTES:			

VITAL SIGNS

LOG BOOK