



DATE:	18-12-2023	TIME:	10:00 AM
NAME:	ust		
	MORNING	MID-DAY	NIGHT
HEART RATE:		78	
BREATHING RATE:		21	
PRQ:		3.7	
STRESS LEVEL:		Low	
BLOOD PRESSURE:		113/72	
HEART RATE VARIABLITY:		1.553	
OXYGEN SATURATION:		99	
HBA1C:		5.97	
HEMOGLOBIN:		12.2	
NOTES:			

# VITAL SIGNS

## LOG BOOK