



DATE:	25-01-2024	TIME:	07:38 AM
NAME:	Ben		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	72		
BREATHING RATE:	16		
PRQ:	4.5		
STRESS LEVEL:	Low		
BLOOD PRESSURE:	118/74		
HEART RATE VARIABILITY:	1.079		
OXYGEN SATURATION:	99		
HBA1C:	5.05		
HEMOGLOBIN:	13.3		
NOTES:			

VITAL SIGNS

LOG BOOK