



DATE:	25-01-2024	TIME:	04:50 PM
NAME:	Ben		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	72		62
BREATHING RATE:	16		20
PRQ:	4.5		3.0
STRESS LEVEL:	Low		Low
BLOOD PRESSURE:	118/74		120/75
HEART RATE VARIABILITY:	1.079		0.901
OXYGEN SATURATION:	99		99
HBA1C:	5.05		5.36
HEMOGLOBIN:	13.3		13.1
NOTES:			

VITAL SIGNS

LOG BOOK