



DATE:	31-01-2024	TIME:	12:33 PM
NAME:	Ben		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		73	
BREATHING RATE:		15	
PRQ:		4.8	
STRESS LEVEL:		Medium	
BLOOD PRESSURE:			
HEART RATE VARIABILITY:			
OXYGEN SATURATION:			
HBA1C:		5.05	
HEMOGLOBIN:		12.7	
NOTES:			

VITAL SIGNS

LOG BOOK