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|------------------------|---------------------|---------------------|-------------------|
| DATE: | 02-03-2024 | TIME: | 12:09 PM |
| NAME: | Kyle Estess | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 72 | |
| BREATHING RATE: | | 15 | |
| PRQ: | | 4.9 | |
| STRESS LEVEL: | | Low | |
| BLOOD PRESSURE: | | 136/80 | |
| HEART RATE VARIABLITY: | | 32 | |
| OXYGEN SATURATION: | | 99 | |
| HBA1C: | | 6.04 | |
| HEMOGLOBIN: | | 13.8 | |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK