



| | | | |
|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 15-03-2024 | TIME: | 06:41 PM |
| NAME: | Tina Saw | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | | 79 |
| BREATHING RATE: | | | 13 |
| PRQ: | | | 5.9 |
| STRESS LEVEL: | | | Low |
| BLOOD PRESSURE: | | | 123/77 |
| HEART RATE VARIABILITY: | | | 25 |
| OXYGEN SATURATION: | | | 99 |
| HBA1C: | | | 5.45 |
| HEMOGLOBIN: | | | 13.0 |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK