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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 30-04-2024 | TIME: | 03:02 PM |
| NAME: | Shawn Dougherty | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 107 | |
| BREATHING RATE: | | 19 | |
| PRQ: | | 5.7 | |
| STRESS LEVEL: | | Low | |
| BLOOD PRESSURE: | | 118/75 | |
| HEART RATE VARIABILITY: | | 9 | |
| OXYGEN SATURATION: | | 99 | |
| HBA1C: | | 5.28 | |
| HEMOGLOBIN: | | 13.2 | |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK