



DATE:	25-12-2023	TIME:	11:24 AM
NAME:	ios		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		67	
BREATHING RATE:		18	
PRQ:		3.7	
STRESS LEVEL:		High	
BLOOD PRESSURE:		118/71	
HEART RATE VARIABILITY:		2.187	
OXYGEN SATURATION:		98	
HBA1C:		5.23	
HEMOGLOBIN:		12.7	
NOTES:			

VITAL SIGNS

LOG BOOK