



DATE:	24-10-2024	TIME:	08:24 AM
NAME:	Jessica		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		78	
BREATHING RATE:		14	
OXYGEN SATURATION:		96	
BLOOD PRESSURE:		110 / 74	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		75	
PRQ:		5.59	
ACTIVITY:			
SLEEP:		5	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK