



DATE:	26-10-2024	TIME:	02:41 AM
NAME:	Jessica		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	102		
BREATHING RATE:	17		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	109 / 68		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	87		
PRQ:	6.12		
ACTIVITY:			
SLEEP:	3		
EQUILIBRIUM:	2		
METABOLISM:	2		

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RELAXATION:	3		
HEMOGLOBIN:	Coming soon		
HBA1C:	6.5		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK