



DATE:	12-11-2024	TIME:	05:24 PM
NAME:	Samantha Carter		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	129		70
BREATHING RATE:	15		20
OXYGEN SATURATION:	98		98
BLOOD PRESSURE:	151 / 84		141 / 79
STRESS LEVEL:	Low		Low
HEART RATE VARIABILITY:	66		86
PRQ:	8.52		3.58
ACTIVITY:	3		3
SLEEP:	4		3
EQUILIBRIUM:	3		4
METABOLISM:	3		4

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RELAXATION:	3		4
HEMOGLOBIN:	Coming soon		Coming soon
HBA1C:	6.5		6.5
CHOLESTEROL:	Coming soon		Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK