



DATE:	25-11-2024	TIME:	12:07 PM
NAME:	Jack		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		111	
BREATHING RATE:		10	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		118 / 95	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		25	
PRQ:		11.03	
ACTIVITY:		5	
SLEEP:		3	
EQUILIBRIUM:		2	
METABOLISM:		2	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK