



DATE:	17-12-2024	TIME:	01:12 PM
NAME:	Alan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	107	71	
BREATHING RATE:	21		
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	141 / 91	139 / 82	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	44	51	
PRQ:	5.01	-1.00	
ACTIVITY:	4	5	
SLEEP:	4	5	
EQUILIBRIUM:	4	4	
METABOLISM:	4	4	

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RELAXATION:	3	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	6.5	6.5	
CHOLESTEROL:	Coming soon	Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK