



DATE:	26-12-2024	TIME:	01:28 PM
NAME:	Jamie Lynn Escarsega		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	117	86	
BREATHING RATE:	17	10	
OXYGEN SATURATION:	98	95	
BLOOD PRESSURE:	113/69	113/69	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	73	77	
PRQ:	6.8	8.2	
ACTIVITY:	4	3	
SLEEP:	1	2	
EQUILIBRIUM:	4	5	
METABOLISM:	4	5	

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RELAXATION:	4	4	
HEMOGLOBIN:			
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK