



DATE:	16-02-2025	TIME:	09:50 AM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		??	
BREATHING RATE:		??	
OXYGEN SATURATION:		??	
BLOOD PRESSURE:		??/?	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		??	
PRQ:		???	
ACTIVITY:		2	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		2	
HEMOGLOBIN:			
HBA1C:		6.5	
CHOLESTEROL:			
NOTES:			

# VITAL SIGNS

## LOG BOOK