



DATE:	18-02-2025	TIME:	10:37 AM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		76	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		116 / 67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		41	
PRQ:		3.99	
ACTIVITY:		5	
SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK