



DATE:	16-02-2025	TIME:	09:18 PM
NAME:	Kawthar H		
	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:			4
SLEEP:			4
EQUILIBRIUM:			1
METABOLISM:			1

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

# VITAL SIGNS

## LOG BOOK