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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 14-02-2025 | TIME: | 12:31 AM |
| NAME: | Leandro | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | 83 | | |
| BREATHING RATE: | 13 | | |
| OXYGEN SATURATION: | 98 | | |
| BLOOD PRESSURE: | 115 / 69 | | |
| STRESS LEVEL: | Normal | | |
| HEART RATE VARIABILITY: | 26 | | |
| PRQ: | 6.27 | | |
| ACTIVITY: | 5 | | |
| SLEEP: | 4 | | |
| EQUILIBRIUM: | 3 | | |
| METABOLISM: | 3 | | |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | 1 | | |
| HEMOGLOBIN: | Coming soon | | |
| HBA1C: | 4.0 – 5.6 | | |
| CHOLESTEROL: | Coming soon | | |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK