



DATE:	20-03-2025	TIME:	03:01 PM
NAME:	maraym alessa		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		88	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		109/79	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		41	
PRQ:		---	
ACTIVITY:		2	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

# VITAL SIGNS

## LOG BOOK