



DATE:	21-02-2025	TIME:	04:15 PM
NAME:	maraym alessa		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			111
BREATHING RATE:			21
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			111 / 78
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			35
PRQ:			5.31
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK