



DATE:	08-03-2025	TIME:	04:34 PM
NAME:	Cris Angel		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			82
BREATHING RATE:			17
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 81
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			54
PRQ:			4.78
ACTIVITY:			5
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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

# VITAL SIGNS

## LOG BOOK