



DATE:	21-02-2025	TIME:	06:42 PM
NAME:	Lucy Chiu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			96
BREATHING RATE:			16
OXYGEN SATURATION:			98
BLOOD PRESSURE:			113 / 68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			37
PRQ:			6.14
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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

VITAL SIGNS LOG BOOK