



DATE:	04-11-2024	TIME:	11:58 AM
NAME:	shaukat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		87	
BREATHING RATE:		17	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		113/72	
STRESS LEVEL:		Mild	
HEART RATE VARIABILITY:		12	
PRQ:		4.9	
ACTIVITY:		1	
SLEEP:		2	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		1	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
NOTES:			

VITAL SIGNS

LOG BOOK