



DATE:	18-09-2024	TIME:	11:26 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			78
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			106 / 68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			42
PRQ:			6.85
ACTIVITY:			4
SLEEP:			5
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK