



DATE:	24-10-2024	TIME:	08:39 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		88	
BREATHING RATE:		12	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		112 / 68	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		29	
PRQ:		7.39	
ACTIVITY:		5	
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK