



DATE:	26-09-2024	TIME:	07:08 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	91		
BREATHING RATE:	22		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	115 / 69		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	41		
PRQ:	4.21		
ACTIVITY:	4		
SLEEP:	5		
EQUILIBRIUM:	4		
METABOLISM:	4		

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

VITAL SIGNS

LOG BOOK