



DATE:	26-10-2024	TIME:	06:21 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			72
BREATHING RATE:			30
OXYGEN SATURATION:			98
BLOOD PRESSURE:			113 / 67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			45
PRQ:			-1.00
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

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

# VITAL SIGNS

## LOG BOOK