



DATE:	29-08-2024	TIME:	09:45 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		91	90
BREATHING RATE:		41	15
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		115 / 67	109 / 68
STRESS LEVEL:		Normal	Low
HEART RATE VARIABILITY:		24	45
PRQ:		2.23	6.17
ACTIVITY:		4	4
SLEEP:		3	4
EQUILIBRIUM:		4	5
METABOLISM:		4	5

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RELAXATION:		1	2
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		6.5	6.5
CHOLESTEROL:		Coming soon	Coming soon
NOTES:			

VITAL SIGNS

LOG BOOK