



DATE:	30-08-2024	TIME:	09:12 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		86	
BREATHING RATE:		11	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		107 / 69	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		51	
PRQ:		7.68	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK