



DATE:	29-08-2024	TIME:	12:58 PM
NAME:	mon		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		61	
BREATHING RATE:		11	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		110/79	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		104	
PRQ:		5.3	
ACTIVITY:		3	
SLEEP:		1	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		4	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK