



DATE:	10-09-2024	TIME:	11:02 AM
NAME:	jp		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		55	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		107/73	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		120	
PRQ:		3.1	
ACTIVITY:		4	
SLEEP:		2	
EQUILIBRIUM:		2	
METABOLISM:		2	

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RELAXATION:		3	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
NOTES:			

# VITAL SIGNS

## LOG BOOK