



DATE:	03-10-2024	TIME:	08:43 PM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			131
BREATHING RATE:			10
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			138 / 83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			38
PRQ:			13.24
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK