



DATE:	13-01-2025	TIME:	11:08 PM
NAME:	Dave		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			99
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			137 / 97
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			61
PRQ:			5.53
ACTIVITY:			3
SLEEP:			5
EQUILIBRIUM:			3
METABOLISM:			3

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

# VITAL SIGNS

## LOG BOOK