



DATE:	28-09-2024	TIME:	06:14 PM
NAME:	Dave		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			88
BREATHING RATE:			16
OXYGEN SATURATION:			94
BLOOD PRESSURE:			138 / 95
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			28
PRQ:			5.42
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK