



DATE:	28-09-2024	TIME:	06:48 PM
NAME:	Heather		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			107
BREATHING RATE:			24
OXYGEN SATURATION:			98
BLOOD PRESSURE:			119 / 71
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			51
PRQ:			4.49
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			5
METABOLISM:			5

DATE:	28-09-2024	TIME:	06:48 PM
NAME:	Heather		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK