



DATE:	01-07-2024	TIME:	01:07 PM
NAME:	RajS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		64	
BREATHING RATE:		21	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		98 / 73	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		68	
PRQ:		3.02	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK