



DATE:	03-05-2024	TIME:	06:34 PM
NAME:	RajS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		95	70
BREATHING RATE:		18	13
OXYGEN SATURATION:		-1	98
BLOOD PRESSURE:		118 / 70	114 / 69
STRESS LEVEL:		High	High
HEART RATE VARIABILITY:		27.63	56.00
HEMOGLOBIN:		14.61	14.02
HBA1C:		5.04	5.11
CHOLESTEROL:		149.89	177.43
PRQ:		5.20	5.49
ACTIVITY:		5	4

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SLEEP:		4	5
EQUILIBRIUM:		3	4
METABOLISM:		3	4
RELAXATION:		2	2
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK