



DATE:	07-05-2024	TIME:	12:09 PM
NAME:	RajS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		78	
BREATHING RATE:		16	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		115 / 74	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		39.66	
PRQ:		5.06	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		3	
METABOLISM:		3	

DATE:	07-05-2024	TIME:	12:09 PM
NAME:	RajS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		Coming soon	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK