



DATE:	28-03-2024	TIME:	11:49 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		53	
BREATHING RATE:		26	
PRQ:		2.06	
STRESS LEVEL:		5	
BLOOD PRESSURE:		119 / 82	
HEART RATE VARIABILITY:		277.28	
OXYGEN SATURATION:		98	
ACTIVITY:			
SLEEP:		1	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		4	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK