



DATE:	09-05-2024	TIME:	06:40 PM
NAME:	Cliff Lin		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			81
BREATHING RATE:			14
OXYGEN SATURATION:			98
BLOOD PRESSURE:			117 / 76
STRESS LEVEL:			High
HEART RATE VARIABILITY:			53.65
PRQ:			5.79
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			Coming soon
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK