



DATE:	21-03-2024	TIME:	05:02 PM
NAME:	ABKO Group		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	88	57	67
BREATHING RATE:	10	11	11
PRQ:	8.66	5.38	6.10
STRESS LEVEL:	13	13	24
BLOOD PRESSURE:	113 / 82	113 / 82	108 / 82
HEART RATE VARIABILITY:	698.88	165.55	53.46
OXYGEN SATURATION:	98	98	98
ACTIVITY:	4	3	2
SLEEP:	2	3	4
EQUILIBRIUM:	3	5	4
METABOLISM:	3	5	4

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RELAXATION:	3	2	2
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK