



DATE:	20-03-2024	TIME:	04:09 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		75	73
BREATHING RATE:		23	10
PRQ:		3.29	7.31
STRESS LEVEL:		45	33
BLOOD PRESSURE:		112 / 76	113 / 85
HEART RATE VARIABILITY:		72.39	16.92
OXYGEN SATURATION:		98	98
ACTIVITY:		2	2
SLEEP:		5	4
EQUILIBRIUM:		5	2
METABOLISM:		5	2

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

VITAL SIGNS
LOG BOOK