



DATE:	23-03-2024	TIME:	09:45 AM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		75	
BREATHING RATE:		12	
PRQ:		6.08	
STRESS LEVEL:		13	
BLOOD PRESSURE:		113 / 81	
HEART RATE VARIABILITY:		319.67	
OXYGEN SATURATION:		98	
ACTIVITY:		3	
SLEEP:		1	
EQUILIBRIUM:		5	
METABOLISM:		5	

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

VITAL SIGNS
LOG BOOK