



DATE:	26-03-2024	TIME:	07:14 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			72
BREATHING RATE:			18
PRQ:			3.91
STRESS LEVEL:			28
BLOOD PRESSURE:			108 / 83
HEART RATE VARIABILITY:			68.65
OXYGEN SATURATION:			98
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

DATE:	26-03-2024	TIME:	07:14 PM
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RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK