



DATE:	27-03-2024	TIME:	07:34 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		77	54
BREATHING RATE:		17	11
PRQ:		4.42	4.95
STRESS LEVEL:		16	15
BLOOD PRESSURE:		138 / 78	149 / 80
HEART RATE VARIABILITY:		141.02	260.56
OXYGEN SATURATION:		98	98
ACTIVITY:		4	
SLEEP:		4	4
EQUILIBRIUM:		5	1
METABOLISM:		5	1

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

VITAL SIGNS  
LOG BOOK