



DATE:	29-03-2024	TIME:	09:47 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			80
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			142 / 86
STRESS LEVEL:			High
HEART RATE VARIABILITY:			33.32
HEMOGLOBIN:			15.22
HBA1C:			5.90
CHOLESTEROL:			141.68
PRQ:			7.03
ACTIVITY:			4

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SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4
RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK