



DATE:	20-03-2024	TIME:	03:44 PM
NAME:	Himanshu Jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		57	
BREATHING RATE:		9	
PRQ:		-1.00	
STRESS LEVEL:		10	
BLOOD PRESSURE:		114 / 83	
HEART RATE VARIABILITY:		788.69	
OXYGEN SATURATION:		98	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		4	
NOTES:			

# VITAL SIGNS LOG BOOK