



DATE:	07-04-2024	TIME:	10:54 AM
NAME:	Ben Kahan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		60	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		128 / 79	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		27.58	
HEMOGLOBIN:		14.58	
HBA1C:		5.18	
CHOLESTEROL:		134.64	
PRQ:		4.43	
ACTIVITY:		3	

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SLEEP:		4	
EQUILIBRIUM:		3	
METABOLISM:		3	
RELAXATION:		1	
<u>NOTES:</u>			

VITAL SIGNS  
LOG BOOK