



DATE:	11-06-2024	TIME:	04:19 PM
NAME:	Ismail Tchikou		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115 / 86
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			101
PRQ:			-1.00
ACTIVITY:			3
SLEEP:			1
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK