



DATE:	03-07-2024	TIME:	11:35 PM
NAME:	Temo Mezoo		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			72
BREATHING RATE:			21
OXYGEN SATURATION:			98
BLOOD PRESSURE:			116 / 85
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			58
PRQ:			3.42
ACTIVITY:			4
SLEEP:			5
EQUILIBRIUM:			2
METABOLISM:			2

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK