



DATE:	12-06-2024	TIME:	11:18 AM
NAME:	Temo Mezoo		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	84	79	
BREATHING RATE:	16	18	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	121 / 85	119 / 83	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	38	40	
PRQ:	5.08	4.41	
ACTIVITY:	5	5	
SLEEP:	4	5	
EQUILIBRIUM:	4	4	
METABOLISM:	4	4	

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RELAXATION:	2	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK