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|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 23-06-2024          | TIME:               | 12:03 AM          |
| NAME:                   | Temo Mezoo          |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             | 71                  |                     |                   |
| BREATHING RATE:         | 15                  |                     |                   |
| OXYGEN SATURATION:      | 98                  |                     |                   |
| BLOOD PRESSURE:         | 117 / 81            |                     |                   |
| STRESS LEVEL:           | Low                 |                     |                   |
| HEART RATE VARIABILITY: | 58                  |                     |                   |
| PRQ:                    | 4.74                |                     |                   |
| ACTIVITY:               | 4                   |                     |                   |
| SLEEP:                  | 4                   |                     |                   |
| EQUILIBRIUM:            | 5                   |                     |                   |
| METABOLISM:             | 5                   |                     |                   |

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

# VITAL SIGNS

## LOG BOOK