



DATE:	28-06-2024	TIME:	11:27 PM
NAME:	ELeni		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		88	61
BREATHING RATE:		20	12
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		116 / 68	114 / 67
STRESS LEVEL:		Normal	Low
HEART RATE VARIABILITY:		14	38
PRQ:		4.39	5.24
ACTIVITY:		3	5
SLEEP:		2	5
EQUILIBRIUM:		4	5
METABOLISM:		4	4

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RELAXATION:		1	2
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		6.5	6.5
CHOLESTEROL:		Coming soon	Coming soon
NOTES:			

VITAL SIGNS

LOG BOOK