



DATE:	29-06-2024	TIME:	08:06 PM
NAME:	ELeni		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			73
BREATHING RATE:			17
OXYGEN SATURATION:			98
BLOOD PRESSURE:			109 / 72
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			42
PRQ:			4.25
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			1
METABOLISM:			1

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK