



DATE:	26-06-2024	TIME:	02:44 AM
NAME:	shaukat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	96		
BREATHING RATE:	15		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	116/66		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	53		
PRQ:	6.4		
ACTIVITY:	3		
SLEEP:	4		
EQUILIBRIUM:	4		
METABOLISM:	4		

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RELAXATION:	3		
HEMOGLOBIN:			
HBA1C:	4.0 – 5.6		
CHOLESTEROL:			
NOTES:			

# VITAL SIGNS

## LOG BOOK