



DATE:	06-07-2024	TIME:	04:46 PM
NAME:	Constantine Gundunas		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			78
BREATHING RATE:			10
OXYGEN SATURATION:			98
BLOOD PRESSURE:			118/84
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			49
PRQ:			7.2
ACTIVITY:			3
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK