



DATE:	17-07-2024	TIME:	08:28 PM
NAME:	sal mourad		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		76	90
BREATHING RATE:		16	11
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		126 / 79	132 / 81
STRESS LEVEL:		Normal	Low
HEART RATE VARIABILITY:		23	49
PRQ:		4.75	8.51
ACTIVITY:		4	4
SLEEP:		4	5
EQUILIBRIUM:		5	4
METABOLISM:		5	4

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RELAXATION:		1	2
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		6.5	6.5
CHOLESTEROL:		Coming soon	Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK