



DATE:	22-07-2024	TIME:	01:18 AM
NAME:	tom		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	68		
BREATHING RATE:	16		
OXYGEN SATURATION:	94		
BLOOD PRESSURE:	116/71		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	54		
PRQ:	4.1		
ACTIVITY:	2		
SLEEP:	3		
EQUILIBRIUM:	3		
METABOLISM:	3		

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RELAXATION:	3		
HEMOGLOBIN:			
HBA1C:	4.0 – 5.6		
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK