



DATE:	23-07-2024	TIME:	06:04 PM
NAME:	tom		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	68		63
BREATHING RATE:	16		15
OXYGEN SATURATION:	98		98
BLOOD PRESSURE:	116/74		119/70
STRESS LEVEL:	Low		Low
HEART RATE VARIABILITY:	59		96
PRQ:	4.3		4.2
ACTIVITY:	3		3
SLEEP:	3		1
EQUILIBRIUM:	5		5
METABOLISM:	5		5

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RELAXATION:	3		4
HEMOGLOBIN:			
HBA1C:	4.0 – 5.6		4.0 – 5.6
CHOLESTEROL:			
NOTES:			

# VITAL SIGNS

## LOG BOOK