



DATE:	29-07-2024	TIME:	10:48 AM
NAME:	newplan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		45	
BREATHING RATE:		21	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		109/83	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		92	
PRQ:		2.1	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		2	
METABOLISM:		2	

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

VITAL SIGNS LOG BOOK