



DATE:	30-07-2024	TIME:	10:45 AM
NAME:	fjd		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		78	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		111 / 84	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		98	
PRQ:		4.15	
ACTIVITY:		5	
SLEEP:		1	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		4	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK