



DATE:	14-08-2024	TIME:	10:06 AM
NAME:	Himanshu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		137	
BREATHING RATE:		18	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		114 / 77	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		34	
PRQ:		7.79	
ACTIVITY:		3	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK