



DATE:	20-08-2024	TIME:	11:01 AM
NAME:	jak89		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		85	
BREATHING RATE:		16	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		114/69	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		89	
PRQ:		5.2	
ACTIVITY:		3	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

VITAL SIGNS LOG BOOK