



DATE:	24-08-2024	TIME:	10:52 PM
NAME:	Zebene		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			27
OXYGEN SATURATION:			98
BLOOD PRESSURE:			130 / 67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			40
PRQ:			2.75
ACTIVITY:			4
SLEEP:			5
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK