



DATE:	07-03-2024	TIME:	11:37 AM
NAME:	Jay Choi		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		71	
BREATHING RATE:		16	
PRQ:		4.4	
STRESS LEVEL:		Low	
BLOOD PRESSURE:		129/81	
HEART RATE VARIABLITY:		39	
OXYGEN SATURATION:		99	
HBA1C:		5.35	
HEMOGLOBIN:		13.6	
NOTES:			

# VITAL SIGNS

## LOG BOOK