



DATE:	24-05-2024	TIME:	02:02 PM
NAME:	Jay Choi		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		68	
BREATHING RATE:		14	
PRQ:		4.9	
STRESS LEVEL:		High	
BLOOD PRESSURE:		119/77	
HEART RATE VARIABILITY:		131	
OXYGEN SATURATION:		97	
HBA1C:		5.5	
HEMOGLOBIN:		13.6	
NOTES:			

# VITAL SIGNS

## LOG BOOK