



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 20-03-2024          | TIME:               | 06:53 PM          |
| NAME:                   | max T               |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     |                     | 68                |
| BREATHING RATE:         |                     |                     | 11                |
| PRQ:                    |                     |                     | 6.1               |
| STRESS LEVEL:           |                     |                     | High              |
| BLOOD PRESSURE:         |                     |                     | 110/70            |
| HEART RATE VARIABILITY: |                     |                     | 61                |
| OXYGEN SATURATION:      |                     |                     | 99                |
| HBA1C:                  |                     |                     | 5.09              |
| HEMOGLOBIN:             |                     |                     | 12.4              |
| NOTES:                  |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK