



DATE:	07-03-2024	TIME:	03:51 PM
NAME:	Zach		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		72	
BREATHING RATE:		18	
PRQ:		4.0	
STRESS LEVEL:		Low	
BLOOD PRESSURE:		126/77	
HEART RATE VARIABILITY:		28	
OXYGEN SATURATION:		99	
HBA1C:		6.25	
HEMOGLOBIN:		12.4	
NOTES:			

# VITAL SIGNS

## LOG BOOK