



DATE:	27-11-2024	TIME:	04:28 PM
NAME:	Lauren		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			109
BREATHING RATE:			15
OXYGEN SATURATION:			98
BLOOD PRESSURE:			138 / 81
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			41
PRQ:			-1.00
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK