



DATE:	11-02-2025	TIME:	10:51 AM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	115	78	
BREATHING RATE:	18	14	
OXYGEN SATURATION:	-1	94	
BLOOD PRESSURE:	120 / 67	111 / 69	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	35	29	
PRQ:	6.51	5.66	
ACTIVITY:	4	3	
SLEEP:	3	3	
EQUILIBRIUM:	4	2	
METABOLISM:	4	2	

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RELAXATION:	3	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK