



DATE:	12-02-2025	TIME:	10:43 AM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		93	
BREATHING RATE:		18	
OXYGEN SATURATION:		95	
BLOOD PRESSURE:		109 / 68	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		32	
PRQ:		5.17	
ACTIVITY:		3	
SLEEP:		4	
EQUILIBRIUM:		2	
METABOLISM:		2	

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

VITAL SIGNS

LOG BOOK