



DATE:	12-02-2025	TIME:	02:02 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		116	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		119 / 66	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		76	
PRQ:		8.64	
ACTIVITY:		3	
SLEEP:		3	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		4	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK