



DATE:	24-01-2025	TIME:	07:02 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			93
BREATHING RATE:			12
OXYGEN SATURATION:			98
BLOOD PRESSURE:			117 / 69
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			25
PRQ:			7.60
ACTIVITY:			3
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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

# VITAL SIGNS

## LOG BOOK