



DATE:	29-01-2025	TIME:	06:45 PM
NAME:	Jacob Iskander		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			81
BREATHING RATE:			15
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115 / 85
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			70
PRQ:			5.56
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK