



DATE:	25-02-2025	TIME:	02:07 PM
NAME:	maraym alessa		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		68	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		111/74	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		109	
PRQ:		3.7	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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

VITAL SIGNS

LOG BOOK