

DATE:	08-03-2024	TIME:	11:35 PM
NAME:	Onkaro		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			91
BREATHING RATE:			15
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115 / 82
STRESS LEVEL:			58
HEART RATE VARIABLITY:			19.07
PRQ:			5.93
ACTIVITY:			2
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4
RELAXATION:			2
HEMOGLOBIN:			

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HBA1C:			
CHOLESTEROL:			
NOTES:			

VITAL SIGNS  
LOG BOOK