



DATE:	28-03-2025	TIME:	06:52 PM
NAME:	Rigel		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			105
BREATHING RATE:			8
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			116 / 81
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			46
PRQ:			13.38
ACTIVITY:			4
SLEEP:			5
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