



DATE:	28-03-2025	TIME:	08:34 AM
NAME:	Elaine Petrakis		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		69	
BREATHING RATE:		11	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		114/85	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		29	
PRQ:		6.2	
ACTIVITY:		2	
SLEEP:		3	
EQUILIBRIUM:		2	
METABOLISM:		2	

DATE:	28-03-2025	TIME:	08:34 AM
NAME:	Elaine Petrakis		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK