



DATE:	06-02-2025	TIME:	04:34 PM
NAME:	jim		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			
BREATHING RATE:			
OXYGEN SATURATION:			
BLOOD PRESSURE:			
STRESS LEVEL:			
HEART RATE VARIABILITY:			
PRQ:			---
ACTIVITY:			-1
SLEEP:			-1
EQUILIBRIUM:			-1
METABOLISM:			-1

DATE:	06-02-2025	TIME:	04:34 PM
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RELAXATION:			-1
HEMOGLOBIN:			
HBA1C:			
CHOLESTEROL:			
NOTES:			

# VITAL SIGNS

## LOG BOOK