



DATE:	29-11-2024	TIME:	12:00 PM
NAME:	jim		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		59	
BREATHING RATE:		10	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		118/76	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		39	
PRQ:		5.8	
ACTIVITY:		2	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

VITAL SIGNS LOG BOOK