



DATE:	01-09-2024	TIME:	06:55 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			92
BREATHING RATE:			12
OXYGEN SATURATION:			98
BLOOD PRESSURE:			114 / 69
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			31
PRQ:			7.78
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			1
METABOLISM:			1

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK