



DATE:	09-09-2024	TIME:	05:53 AM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	80		
BREATHING RATE:	14		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	111 / 69		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	31		
PRQ:	5.72		
ACTIVITY:	5		
SLEEP:	4		
EQUILIBRIUM:	2		
METABOLISM:	2		

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

VITAL SIGNS LOG BOOK