



DATE:	10-09-2024	TIME:	10:24 AM
NAME:	Jack		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		84	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		122/80	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		54	
PRQ:		5.6	
ACTIVITY:		2	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	10-09-2024	TIME:	10:24 AM
NAME:	Jack		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
NOTES:			

VITAL SIGNS LOG BOOK