



DATE:	19-09-2024	TIME:	08:04 PM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			83
BREATHING RATE:			19
OXYGEN SATURATION:			98
BLOOD PRESSURE:			141 / 81
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			114
PRQ:			4.30
ACTIVITY:			
SLEEP:			2
EQUILIBRIUM:			2
METABOLISM:			2

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK