



DATE:	20-09-2024	TIME:	11:23 PM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			106
BREATHING RATE:			17
OXYGEN SATURATION:			98
BLOOD PRESSURE:			138 / 81
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			59
PRQ:			6.25
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

DATE:	20-09-2024	TIME:	11:23 PM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK