



DATE:	03-10-2024	TIME:	10:52 PM
NAME:	Dave		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			88
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			141 / 100
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			57
PRQ:			4.96
ACTIVITY:			2
SLEEP:			5
EQUILIBRIUM:			1
METABOLISM:			1

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK