



DATE:	27-09-2024	TIME:	06:15 PM
NAME:	Dave		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		117	75
BREATHING RATE:		7	17
OXYGEN SATURATION:		-1	98
BLOOD PRESSURE:		138 / 97	138 / 100
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		44	48
PRQ:		16.82	4.36
ACTIVITY:		4	5
SLEEP:		5	4
EQUILIBRIUM:		3	3
METABOLISM:		3	3

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RELAXATION:		3	3
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:		Coming soon	Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK