



DATE:	27-03-2024	TIME:	02:59 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		53	
BREATHING RATE:		13	
PRQ:		4.16	
STRESS LEVEL:		16	
BLOOD PRESSURE:		125 / 82	
HEART RATE VARIABILITY:		202.35	
OXYGEN SATURATION:		98	
ACTIVITY:		3	
SLEEP:		2	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		2	
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK