



DATE:	01-06-2024	TIME:	02:20 PM
NAME:	berni		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		91	
BREATHING RATE:		13	
OXYGEN SATURATION:		97	
BLOOD PRESSURE:		124 / 83	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		82	
PRQ:		6.86	
ACTIVITY:			
SLEEP:		4	
EQUILIBRIUM:		2	
METABOLISM:		2	

DATE:	01-06-2024	TIME:	02:20 PM
NAME:	berni		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK