



DATE:	30-05-2024	TIME:	06:58 PM
NAME:	berni		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			79
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			113 / 83
STRESS LEVEL:			High
HEART RATE VARIABILITY:			74
PRQ:			4.47
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK