



DATE:	21-06-2024	TIME:	08:19 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			73
BREATHING RATE:			19
OXYGEN SATURATION:			98
BLOOD PRESSURE:			134 / 92
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			82
PRQ:			3.92
ACTIVITY:			5
SLEEP:			2
EQUILIBRIUM:			3
METABOLISM:			3

DATE:	21-06-2024	TIME:	08:19 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK