



DATE:	16-04-2024	TIME:	11:31 AM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		74	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		141 / 82	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		37.34	
HEMOGLOBIN:		15.09	
HBA1C:		5.93	
CHOLESTEROL:		158.44	
PRQ:		3.95	
ACTIVITY:		5	

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SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		2	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK