



DATE:	19-03-2024	TIME:	04:40 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			66
BREATHING RATE:			17
PRQ:			3.90
STRESS LEVEL:			12
BLOOD PRESSURE:			110 / 81
HEART RATE VARIABILITY:			159.95
OXYGEN SATURATION:			98
ACTIVITY:			3
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			3
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK