



DATE:	28-03-2024	TIME:	04:25 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		76	83
BREATHING RATE:		22	8
PRQ:		3.41	9.84
STRESS LEVEL:		15	30
BLOOD PRESSURE:		145 / 83	141 / 82
HEART RATE VARIABILITY:		152.79	97.72
OXYGEN SATURATION:		98	98
ACTIVITY:		4	5
SLEEP:		4	5
EQUILIBRIUM:		4	5
METABOLISM:		4	5

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RELAXATION:		3	2
NOTES:			

VITAL SIGNS
LOG BOOK