



DATE:	02-07-2024	TIME:	05:39 PM
NAME:	Pramod Singh Kumar jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			89
BREATHING RATE:			12
OXYGEN SATURATION:			98
BLOOD PRESSURE:			114/79
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			37
PRQ:			7.2
ACTIVITY:			2
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			2
HEMOGLOBIN:			
HBA1C:			
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK