



DATE:	28-06-2024	TIME:	03:06 PM
NAME:	Pramod Singh Kumar jploft		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		92	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		111/66	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		40	
PRQ:		5.8	
ACTIVITY:		2	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

# VITAL SIGNS

## LOG BOOK