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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 13-05-2024 | TIME: | 09:29 PM |
| NAME: | Lucy Chiu | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | | 75 |
| BREATHING RATE: | | | 34 |
| OXYGEN SATURATION: | | | 98 |
| BLOOD PRESSURE: | | | 118 / 84 |
| STRESS LEVEL: | | | High |
| HEART RATE VARIABILITY: | | | 40.46 |
| PRQ: | | | 2.21 |
| ACTIVITY: | | | 5 |
| SLEEP: | | | 4 |
| EQUILIBRIUM: | | | 3 |
| METABOLISM: | | | 3 |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | | | 2 |
| HEMOGLOBIN: | | | Coming soon |
| HBA1C: | | | Coming soon |
| CHOLESTEROL: | | | Coming soon |
| <u>NOTES:</u> | | | |

VITAL SIGNS LOG BOOK