



DATE:	17-04-2024	TIME:	01:04 PM
NAME:	Lucy Chiu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		86	
BREATHING RATE:		20	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		124 / 83	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		22.45	
HEMOGLOBIN:		13.20	
HBA1C:		5.10	
CHOLESTEROL:		171.99	
PRQ:		4.41	
ACTIVITY:		3	

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SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		1	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK