



DATE:	03-08-2024	TIME:	04:44 AM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	81		
BREATHING RATE:	14		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	118 / 83		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	34		
PRQ:	5.72		
ACTIVITY:	4		
SLEEP:	4		
EQUILIBRIUM:	4		
METABOLISM:	4		

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RELAXATION:	1		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
NOTES:			

VITAL SIGNS

LOG BOOK