



DATE:	07-06-2024	TIME:	09:32 PM
NAME:	Shams		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			84
BREATHING RATE:			14
OXYGEN SATURATION:			98
BLOOD PRESSURE:			114 / 71
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			83
PRQ:			5.86
ACTIVITY:			
SLEEP:			4
EQUILIBRIUM:			1
METABOLISM:			1

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK