



DATE:	12-06-2024	TIME:	11:47 AM
NAME:	Ada		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		88	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		121 / 85	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		19	
PRQ:		4.56	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	12-06-2024	TIME:	11:47 AM
NAME:	Ada		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK