



DATE:	22-06-2024	TIME:	05:32 PM
NAME:	Mena		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			79
BREATHING RATE:			8
OXYGEN SATURATION:			98
BLOOD PRESSURE:			122 / 79
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			33
PRQ:			9.35
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			1
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK