



DATE:	16-06-2024	TIME:	12:00 PM
NAME:	Bryan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		66	
BREATHING RATE:		14	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		112 / 78	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		52	
PRQ:		4.75	
ACTIVITY:		3	
SLEEP:		5	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK