



DATE:	21-06-2024	TIME:	08:01 PM
NAME:	robert		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			80
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			106/83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			99
PRQ:			7.2
ACTIVITY:			3
SLEEP:			1
EQUILIBRIUM:			2
METABOLISM:			2

DATE:	21-06-2024	TIME:	08:01 PM
NAME:	robert		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			4
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK