



DATE:	24-06-2024	TIME:	10:58 AM
NAME:	Jo		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		113	
BREATHING RATE:		15	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		121 / 66	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		13	
PRQ:		7.37	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK