



DATE:	26-06-2024	TIME:	02:02 PM
NAME:	david		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		112	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		110/73	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		53	
PRQ:		8.1	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		1	
METABOLISM:		1	

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RELAXATION:		3	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK