



DATE:	06-08-2024	TIME:	10:58 PM
NAME:	Constantine Gundunas		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			64
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			119/80
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			73
PRQ:			5.6
ACTIVITY:			3
SLEEP:			3
EQUILIBRIUM:			3
METABOLISM:			3

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RELAXATION:			2
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK