



DATE:	18-07-2024	TIME:	04:32 PM
NAME:	???? ?????? ??????? ?????????		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			81
BREATHING RATE:			28
OXYGEN SATURATION:			98
BLOOD PRESSURE:			110 / 82
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			40
PRQ:			2.93
ACTIVITY:			5
SLEEP:			5
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK