



DATE:	11-07-2024	TIME:	05:46 PM
NAME:	Jacob		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			84
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			119 / 79
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			52
PRQ:			4.79
ACTIVITY:			4
SLEEP:			5
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