



DATE:	10-07-2024	TIME:	06:09 PM
NAME:	Joe Ratanjee		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			20
OXYGEN SATURATION:			98
BLOOD PRESSURE:			134 / 70
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			36
PRQ:			3.73
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

DATE:	10-07-2024	TIME:	06:09 PM
NAME:	Joe Ratanjee		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK