



DATE:	17-07-2024	TIME:	05:25 PM
NAME:	Karan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			82
BREATHING RATE:			16
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 83
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			44
PRQ:			5.06
ACTIVITY:			5
SLEEP:			3
EQUILIBRIUM:			1
METABOLISM:			1

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

VITAL SIGNS LOG BOOK