



DATE:	18-07-2024	TIME:	11:15 AM
NAME:	Jeremy Speth		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		55	
BREATHING RATE:		12	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126 / 82	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		49	
PRQ:		4.53	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK