



DATE:	01-08-2024	TIME:	11:40 AM
NAME:	Scottishness		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		82	
BREATHING RATE:			
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		117 / 68	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		15	
PRQ:		-1.00	
ACTIVITY:		3	
SLEEP:		2	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

VITAL SIGNS LOG BOOK