



DATE:	30-07-2024	TIME:	03:29 PM
NAME:	Scottishness		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	84	73	
BREATHING RATE:	21	25	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	114 / 68	109 / 73	
STRESS LEVEL:	Mild	Normal	
HEART RATE VARIABILITY:	10	25	
PRQ:	4.03	2.89	
ACTIVITY:	2	4	
SLEEP:	2	4	
EQUILIBRIUM:	3	5	
METABOLISM:	3	5	

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

# VITAL SIGNS LOG BOOK