



DATE:	26-07-2024	TIME:	06:25 PM
NAME:	Juan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			70
BREATHING RATE:			10
OXYGEN SATURATION:			98
BLOOD PRESSURE:			112 / 67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			76
PRQ:			7.05
ACTIVITY:			4
SLEEP:			2
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK