



DATE:	31-07-2024	TIME:	10:27 AM
NAME:	Chris		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		79	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		113 / 69	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		23	
PRQ:		5.72	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	31-07-2024	TIME:	10:27 AM
NAME:	Chris		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK