



DATE:	10-08-2024	TIME:	10:43 AM
NAME:	ios		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		54	
BREATHING RATE:		12	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		113 / 66	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		108	
PRQ:		4.52	
ACTIVITY:			
SLEEP:		3	
EQUILIBRIUM:		1	
METABOLISM:		1	

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

# VITAL SIGNS

## LOG BOOK