



DATE:	21-08-2024	TIME:	08:10 AM
NAME:	Jim Winkelmann		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		55	
BREATHING RATE:		14	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		114/67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		72	
PRQ:		3.7	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		2	
HEMOGLOBIN:			
HBA1C:		4.0 – 5.6	
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK