



DATE:	27-08-2024	TIME:	04:10 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			81
BREATHING RATE:			17
OXYGEN SATURATION:			94
BLOOD PRESSURE:			111 / 68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			36
PRQ:			4.74
ACTIVITY:			5
SLEEP:			5
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK