



DATE:	18-12-2023	TIME:	06:33 AM
NAME:	nikj		
	MORNING	MID-DAY	NIGHT
HEART RATE:	71		
BREATHING RATE:	15		
PRQ:	4.9		
STRESS LEVEL:	Low		
BLOOD PRESSURE:	122/71		
HEART RATE VARIABLITY:	4.191		
OXYGEN SATURATION:	97		
HBA1C:	5.36		
HEMOGLOBIN:	15.3		
NOTES:			

# VITAL SIGNS

## LOG BOOK