



DATE:	23-01-2024	TIME:	09:45 AM
NAME:	ant		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		92	
BREATHING RATE:		22	
PRQ:		4.2	
STRESS LEVEL:		Medium	
BLOOD PRESSURE:		115/72	
HEART RATE VARIABLITY:			
OXYGEN SATURATION:		99	
HBA1C:		5.29	
HEMOGLOBIN:		13.2	
NOTES:			

# VITAL SIGNS

## LOG BOOK