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|------------------------|---------------------|---------------------|-------------------|
| DATE: | 19-02-2024 | TIME: | 08:01 AM |
| NAME: | Bernadett | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | 86 | 96 | |
| BREATHING RATE: | 15 | 19 | |
| PRQ: | 5.9 | 5.0 | |
| STRESS LEVEL: | Medium | Low | |
| BLOOD PRESSURE: | 116/74 | 118/75 | |
| HEART RATE VARIABLITY: | | 25 | |
| OXYGEN SATURATION: | 99 | 99 | |
| HBA1C: | 5.45 | 5.09 | |
| HEMOGLOBIN: | 12.8 | 13.1 | |
| NOTES: | | | |

VITAL SIGNS

LOG BOOK