



DATE:	27-03-2024	TIME:	07:05 PM
NAME:	max T		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			69
BREATHING RATE:			20
PRQ:			3.4
STRESS LEVEL:			High
BLOOD PRESSURE:			123/75
HEART RATE VARIABLITY:			60
OXYGEN SATURATION:			99
HBA1C:			5.25
HEMOGLOBIN:			13.3
NOTES:			

# VITAL SIGNS

## LOG BOOK