



DATE:	22-03-2024	TIME:	03:07 PM
NAME:	APP MASTERS		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		69	
BREATHING RATE:		19	
PRQ:		3.7	
STRESS LEVEL:		Low	
BLOOD PRESSURE:		105/70	
HEART RATE VARIABILITY:		40	
OXYGEN SATURATION:		97	
HBA1C:		5.8	
HEMOGLOBIN:		11.9	
NOTES:			

VITAL SIGNS

LOG BOOK