



DATE:	30-03-2024	TIME:	03:27 PM
NAME:	Kat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		66	
BREATHING RATE:		14	
PRQ:		4.8	
STRESS LEVEL:		Low	
BLOOD PRESSURE:		120/77	
HEART RATE VARIABILITY:		46	
OXYGEN SATURATION:		99	
HBA1C:		5.61	
HEMOGLOBIN:		12.8	
NOTES:			

VITAL SIGNS

LOG BOOK