



DATE:	18-10-2024	TIME:	04:03 PM
NAME:	Shianna		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			155
BREATHING RATE:			29
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			102 / 74
STRESS LEVEL:			Mild
HEART RATE VARIABILITY:			19
PRQ:			5.34
ACTIVITY:			3
SLEEP:			2
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK