



DATE:	26-10-2024	TIME:	08:20 PM
NAME:	Jessica		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	102		120
BREATHING RATE:	17		20
OXYGEN SATURATION:	98		-1
BLOOD PRESSURE:	109 / 68		108 / 72
STRESS LEVEL:	Low		Normal
HEART RATE VARIABILITY:	87		36
PRQ:	6.12		6.13
ACTIVITY:			4
SLEEP:	3		3
EQUILIBRIUM:	2		5
METABOLISM:	2		5

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RELAXATION:	3		3
HEMOGLOBIN:	Coming soon		Coming soon
HBA1C:	6.5		6.5
CHOLESTEROL:	Coming soon		Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK