



DATE:	15-11-2024	TIME:	04:53 PM
NAME:	Samantha Carter		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			118
BREATHING RATE:			33
OXYGEN SATURATION:			98
BLOOD PRESSURE:			138 / 82
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			84
PRQ:			3.53
ACTIVITY:			
SLEEP:			2
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK