



DATE:	15-11-2024	TIME:	11:43 PM
NAME:	Tamera		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	75		130
BREATHING RATE:	10		11
OXYGEN SATURATION:	98		-1
BLOOD PRESSURE:	116 / 79		112 / 80
STRESS LEVEL:	Low		Normal
HEART RATE VARIABILITY:	90		37
PRQ:	7.26		-1.00
ACTIVITY:	3		3
SLEEP:	3		4
EQUILIBRIUM:	5		2
METABOLISM:	5		2

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RELAXATION:	4		3
HEMOGLOBIN:	Coming soon		Coming soon
HBA1C:	6.5		6.5
CHOLESTEROL:	Coming soon		Coming soon
NOTES:			

VITAL SIGNS

LOG BOOK