



DATE:	03-12-2024	TIME:	02:26 PM
NAME:	Tim		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		100	
BREATHING RATE:		20	
OXYGEN SATURATION:		-1	
BLOOD PRESSURE:		120 / 67	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		32	
PRQ:		5.03	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		5	
METABOLISM:		5	

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

VITAL SIGNS LOG BOOK