



DATE:	19-12-2024	TIME:	08:53 PM
NAME:	Carly		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			102
BREATHING RATE:			20
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			121 / 84
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			23
PRQ:			5.19
ACTIVITY:			3
SLEEP:			3
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