



DATE:	24-12-2024	TIME:	04:00 PM
NAME:	Chymeer		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			72
BREATHING RATE:			16
OXYGEN SATURATION:			98
BLOOD PRESSURE:			114 / 90
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			77
PRQ:			4.39
ACTIVITY:			3
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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

VITAL SIGNS

LOG BOOK