



DATE:	20-03-2025	TIME:	01:59 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		62	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		112 / 67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		53	
PRQ:		3.29	
ACTIVITY:		5	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	20-03-2025	TIME:	01:59 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK