



DATE:	23-01-2025	TIME:	03:58 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		84	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		117 / 67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		91	
PRQ:		4.64	
ACTIVITY:		5	
SLEEP:		2	
EQUILIBRIUM:		2	
METABOLISM:		2	

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RELAXATION:		4	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK