



DATE:	29-01-2025	TIME:	10:07 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		170	72
BREATHING RATE:			29
OXYGEN SATURATION:		-1	98
BLOOD PRESSURE:		111 / 66	120 / 72
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		86	98
PRQ:		-1.00	2.47
ACTIVITY:		3	
SLEEP:		1	1
EQUILIBRIUM:		5	3
METABOLISM:		4	3

DATE:	29-01-2025	TIME:	10:07 PM
NAME:	mph		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		4	3
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:		Coming soon	Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK