



DATE:	25-01-2025	TIME:	06:59 PM
NAME:	Sam		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			53
BREATHING RATE:			20
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 69
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			104
PRQ:			2.59
ACTIVITY:			4
SLEEP:			1
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK