



DATE:	01-02-2025	TIME:	07:20 PM
NAME:	Jacob Iskander		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			94
BREATHING RATE:			9
OXYGEN SATURATION:			98
BLOOD PRESSURE:			121 / 86
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			45
PRQ:			10.41
ACTIVITY:			4
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK