



DATE:	23-01-2025	TIME:	06:37 PM
NAME:	Lucy Chiu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			88
BREATHING RATE:			29
OXYGEN SATURATION:			98
BLOOD PRESSURE:			110 / 70
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			22
PRQ:			3.04
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			5
METABOLISM:			5

DATE:	23-01-2025	TIME:	06:37 PM
NAME:	Lucy Chiu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			1
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK