



DATE:	01-10-2024	TIME:	12:32 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		85	
BREATHING RATE:		17	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		116 / 68	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		32	
PRQ:		5.09	
ACTIVITY:		5	
SLEEP:		5	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK