



DATE:	13-09-2024	TIME:	10:54 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			69
BREATHING RATE:			13
OXYGEN SATURATION:			98
BLOOD PRESSURE:			114 / 68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			68
PRQ:			5.44
ACTIVITY:			3
SLEEP:			2
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK