



DATE:	15-09-2024	TIME:	06:45 PM
NAME:	Matt		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			91
BREATHING RATE:			19
OXYGEN SATURATION:			98
BLOOD PRESSURE:			112 / 80
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			52
PRQ:			4.72
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
NOTES:			

VITAL SIGNS

LOG BOOK