



DATE:	09-01-2025	TIME:	12:03 PM
NAME:	Jack		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		62	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		116 / 87	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		107	
PRQ:		-1.00	
ACTIVITY:			
SLEEP:		2	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK