



DATE:	27-03-2025	TIME:	12:54 PM
NAME:	Shelley		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		75	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		132 / 68	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		32	
PRQ:		5.15	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK