



DATE:	17-09-2024	TIME:	11:47 PM
NAME:	Hollie Davies		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			87
BREATHING RATE:			13
OXYGEN SATURATION:			98
BLOOD PRESSURE:			120 / 88
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			36
PRQ:			6.44
ACTIVITY:			5
SLEEP:			4
EQUILIBRIUM:			4
METABOLISM:			4

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

VITAL SIGNS LOG BOOK