



DATE:	18-09-2024	TIME:	08:22 AM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	129	125	
BREATHING RATE:		35	
OXYGEN SATURATION:	-1	-1	
BLOOD PRESSURE:	138 / 79	141 / 83	
STRESS LEVEL:	Normal	Normal	
HEART RATE VARIABILITY:	64	36	
PRQ:	-1.00	3.53	
ACTIVITY:	5	4	
SLEEP:	4	3	
EQUILIBRIUM:	3	4	
METABOLISM:	3	4	

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RELAXATION:	3	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	6.5	6.5	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK