



DATE:	24-09-2024	TIME:	07:47 PM
NAME:	Ian		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			49
BREATHING RATE:			
OXYGEN SATURATION:			98
BLOOD PRESSURE:			145 / 80
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			112
PRQ:			-1.00
ACTIVITY:			
SLEEP:			4
EQUILIBRIUM:			1
METABOLISM:			1

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RELAXATION:			4
HEMOGLOBIN:			Coming soon
HBA1C:			6.5
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK