



DATE:	27-09-2024	TIME:	09:44 AM
NAME:	Dan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		78	
BREATHING RATE:		8	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		136 / 71	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		16	
PRQ:		9.56	
ACTIVITY:		4	
SLEEP:		2	
EQUILIBRIUM:		1	
METABOLISM:		1	

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

VITAL SIGNS LOG BOOK