



DATE:	28-09-2024	TIME:	12:55 AM
NAME:	Daniel		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	86		
BREATHING RATE:	20		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	119 / 83		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	41		
PRQ:	4.36		
ACTIVITY:	5		
SLEEP:	5		
EQUILIBRIUM:	4		
METABOLISM:	4		

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RELAXATION:	2		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK