



DATE:	12-07-2024	TIME:	04:26 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	47	59	49
BREATHING RATE:	18	19	13
OXYGEN SATURATION:	98	98	98
BLOOD PRESSURE:	121 / 87	121 / 83	122 / 83
STRESS LEVEL:	Low	Low	Low
HEART RATE VARIABILITY:	102	72	86
PRQ:	2.63	3.09	3.84
ACTIVITY:		3	3
SLEEP:	1	3	1
EQUILIBRIUM:	5	5	4
METABOLISM:	5	5	4

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RELAXATION:	3	2	2
HEMOGLOBIN:	Coming soon	Coming soon	Coming soon
HBA1C:	4.0 – 5.6	4.0 – 5.6	4.0 – 5.6
CHOLESTEROL:	Coming soon	Coming soon	Coming soon
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK