



DATE:	16-05-2024	TIME:	11:22 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	54	47	
BREATHING RATE:	19	15	
OXYGEN SATURATION:	98	94	
BLOOD PRESSURE:	120 / 88	118 / 83	
STRESS LEVEL:	High	Medium	
HEART RATE VARIABILITY:	65	92	
PRQ:	2.76	3.04	
ACTIVITY:	3		
SLEEP:	3	2	
EQUILIBRIUM:	4	3	
METABOLISM:	4	3	

DATE:	16-05-2024	TIME:	11:22 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	2	2	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	Coming soon	Coming soon	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK