



DATE:	16-06-2024	TIME:	08:29 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			75
BREATHING RATE:			9
OXYGEN SATURATION:			98
BLOOD PRESSURE:			130 / 87
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			53
PRQ:			8.05
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			3
METABOLISM:			3

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

VITAL SIGNS LOG BOOK