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|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 17-04-2024          | TIME:               | 05:55 PM          |
| NAME:                   | Anees               |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     | 46                  | 45                |
| BREATHING RATE:         |                     | 16                  | 19                |
| OXYGEN SATURATION:      |                     | 98                  | 98                |
| BLOOD PRESSURE:         |                     | 126 / 84            | 123 / 81          |
| STRESS LEVEL:           |                     | Medium              | High              |
| HEART RATE VARIABILITY: |                     | 99.99               | 119.58            |
| HEMOGLOBIN:             |                     | 13.47               | 14.42             |
| HBA1C:                  |                     | 5.72                | 5.70              |
| CHOLESTEROL:            |                     | 155.03              | 144.42            |
| PRQ:                    |                     | 2.95                | 2.33              |
| ACTIVITY:               |                     |                     |                   |

|               |                     |                     |                   |
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|               | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| SLEEP:        |                     | 1                   | 1                 |
| EQUILIBRIUM:  |                     | 4                   | 3                 |
| METABOLISM:   |                     | 4                   | 3                 |
| RELAXATION:   |                     | 3                   | 3                 |
| <u>NOTES:</u> |                     |                     |                   |

# VITAL SIGNS LOG BOOK