



DATE:	29-03-2024	TIME:	12:08 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	54	44	
BREATHING RATE:	17	16	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	122 / 81	124 / 84	
STRESS LEVEL:	19	Medium	
HEART RATE VARIABILITY:	176.58	121.21	
HEMOGLOBIN:	10.5 – 16.0	14.07	
HBA1C:	5.7 – 6.4	5.73	
CHOLESTEROL:	200	125.08	
PRQ:	3.23	2.78	
ACTIVITY:	3		

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SLEEP:	3	2	
EQUILIBRIUM:	4	2	
METABOLISM:	4	2	
RELAXATION:	3	4	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK