



DATE:	29-07-2024	TIME:	05:46 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			54
BREATHING RATE:			17
OXYGEN SATURATION:			98
BLOOD PRESSURE:			118 / 80
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			88
PRQ:			3.06
ACTIVITY:			5
SLEEP:			1
EQUILIBRIUM:			2
METABOLISM:			2

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RELAXATION:			3
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK