



DATE:	30-03-2024	TIME:	06:47 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			72
BREATHING RATE:			17
OXYGEN SATURATION:			98
BLOOD PRESSURE:			126 / 88
STRESS LEVEL:			High
HEART RATE VARIABILITY:			60.03
HEMOGLOBIN:			13.95
HBA1C:			5.79
CHOLESTEROL:			184.94
PRQ:			4.22
ACTIVITY:			3

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SLEEP:			5
EQUILIBRIUM:			1
METABOLISM:			1
RELAXATION:			2
<u>NOTES:</u>			

VITAL SIGNS
LOG BOOK