



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 21-06-2024          | TIME:               | 08:19 PM          |
| NAME:                   | Omar                |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     |                     | 73                |
| BREATHING RATE:         |                     |                     | 19                |
| OXYGEN SATURATION:      |                     |                     | 98                |
| BLOOD PRESSURE:         |                     |                     | 134 / 92          |
| STRESS LEVEL:           |                     |                     | Low               |
| HEART RATE VARIABILITY: |                     |                     | 82                |
| PRQ:                    |                     |                     | 3.92              |
| ACTIVITY:               |                     |                     | 5                 |
| SLEEP:                  |                     |                     | 2                 |
| EQUILIBRIUM:            |                     |                     | 3                 |
| METABOLISM:             |                     |                     | 3                 |

|               |                     |                     |                   |
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| RELAXATION:   |                     |                     | 4                 |
| HEMOGLOBIN:   |                     |                     | Coming soon       |
| HBA1C:        |                     |                     | 6.5               |
| CHOLESTEROL:  |                     |                     | Coming soon       |
| <u>NOTES:</u> |                     |                     |                   |

# VITAL SIGNS LOG BOOK