



| | | | |
|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 08-06-2024 | TIME: | 02:39 PM |
| NAME: | Ali | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 102 | |
| BREATHING RATE: | | 21 | |
| OXYGEN SATURATION: | | 98 | |
| BLOOD PRESSURE: | | 116 / 80 | |
| STRESS LEVEL: | | Low | |
| HEART RATE VARIABILITY: | | 42 | |
| PRQ: | | 4.87 | |
| ACTIVITY: | | 3 | |
| SLEEP: | | 3 | |
| EQUILIBRIUM: | | 4 | |
| METABOLISM: | | 4 | |

| | | | |
|---------------|---------------------|---------------------|-------------------|
| DATE: | 08-06-2024 | TIME: | 02:39 PM |
| NAME: | Ali | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | | 3 | |
| HEMOGLOBIN: | | Coming soon | |
| HBA1C: | | 6.5 | |
| CHOLESTEROL: | | Coming soon | |
| <u>NOTES:</u> | | | |

VITAL SIGNS LOG BOOK