



DATE:	21-07-2024	TIME:	02:39 PM
NAME:	TAREQ ANEES		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		83	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		124 / 73	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		60	
PRQ:		5.42	
ACTIVITY:		3	
SLEEP:		1	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK