



DATE:	11-07-2024	TIME:	09:12 PM
NAME:	ahmad sultan		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			69
BREATHING RATE:			11
OXYGEN SATURATION:			98
BLOOD PRESSURE:			118/82
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			87
PRQ:			6.3
ACTIVITY:			3
SLEEP:			1
EQUILIBRIUM:			4
METABOLISM:			4

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

VITAL SIGNS LOG BOOK