



DATE:	12-07-2024	TIME:	10:11 AM
NAME:	Sulman Zafar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		71	
BREATHING RATE:			
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		120 / 79	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		59	
PRQ:		-1.00	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		6.5	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK