



DATE:	21-07-2024	TIME:	04:31 PM
NAME:	samir ashour		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			77
BREATHING RATE:			10
OXYGEN SATURATION:			98
BLOOD PRESSURE:			115/67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			44
PRQ:			7.4
ACTIVITY:			3
SLEEP:			4
EQUILIBRIUM:			5
METABOLISM:			5

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

# VITAL SIGNS

## LOG BOOK