



DATE:	13-08-2024	TIME:	12:27 PM
NAME:	Himanshu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		101	
BREATHING RATE:		20	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		120 / 68	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		36	
PRQ:		5.00	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	13-08-2024	TIME:	12:27 PM
NAME:	Himanshu		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK