



|                        |                     |                     |                   |
|------------------------|---------------------|---------------------|-------------------|
| DATE:                  | 29-01-2024          | TIME:               | 03:54 PM          |
| NAME:                  | Sumit sir           |                     |                   |
|                        | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:            |                     | 85                  |                   |
| BREATHING RATE:        |                     | 16                  |                   |
| PRQ:                   |                     | 5.4                 |                   |
| STRESS LEVEL:          |                     | Medium              |                   |
| BLOOD PRESSURE:        |                     |                     |                   |
| HEART RATE VARIABLITY: |                     |                     |                   |
| OXYGEN SATURATION:     |                     |                     |                   |
| HBA1C:                 |                     | 5.56                |                   |
| HEMOGLOBIN:            |                     | 11.3                |                   |
| NOTES:                 |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK