



DATE:	05-02-2025	TIME:	11:04 AM
NAME:	ahmed		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	158	81	
BREATHING RATE:	19	14	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	112 / 80	112 / 78	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	65	65	
PRQ:	8.15	5.86	
ACTIVITY:	3	5	
SLEEP:	4	3	
EQUILIBRIUM:	3	3	
METABOLISM:	3	3	

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RELAXATION:	3	3	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK