



DATE:	25-02-2025	TIME:	10:22 AM
NAME:	maraym alessa		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		86	
BREATHING RATE:		11	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		116 / 79	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		35	
PRQ:		8.11	
ACTIVITY:		3	
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK