



DATE:	26-02-2025	TIME:	03:00 PM
NAME:	Eman Esa		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		76	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		127 / 84	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		82	
PRQ:		4.22	
ACTIVITY:			
SLEEP:		3	
EQUILIBRIUM:		3	
METABOLISM:		3	

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

VITAL SIGNS

LOG BOOK