



DATE:	21-02-2025	TIME:	06:43 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	68		
BREATHING RATE:	11		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	120 / 79		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	67		
PRQ:	6.06		
ACTIVITY:	5		
SLEEP:	3		
EQUILIBRIUM:	3		
METABOLISM:	3		

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RELAXATION:	3		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK