



DATE:	23-01-2025	TIME:	02:42 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	70		
BREATHING RATE:	14		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	122 / 84		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	104		
PRQ:	5.02		
ACTIVITY:	3		
SLEEP:	1		
EQUILIBRIUM:	5		
METABOLISM:	4		

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

VITAL SIGNS

LOG BOOK