



DATE:	29-10-2024	TIME:	07:32 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			119
BREATHING RATE:			9
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			121 / 86
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			96
PRQ:			13.93
ACTIVITY:			
SLEEP:			3
EQUILIBRIUM:			2
METABOLISM:			2

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

# VITAL SIGNS

## LOG BOOK