



DATE:	18-02-2025	TIME:	05:13 PM
NAME:	shaukat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			83
BREATHING RATE:			20
OXYGEN SATURATION:			98
BLOOD PRESSURE:			109/67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			43
PRQ:			4.1
ACTIVITY:			2
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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RELAXATION:			2
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK