



DATE:	29-09-2024	TIME:	09:30 AM
NAME:	Mohamed Aggag		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	85	103	
BREATHING RATE:	13	18	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	145 / 83	148 / 90	
STRESS LEVEL:	Normal	Low	
HEART RATE VARIABILITY:	34	83	
PRQ:	6.29	5.83	
ACTIVITY:	5	4	
SLEEP:	3	2	
EQUILIBRIUM:	1	3	
METABOLISM:	1	3	

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RELAXATION:	2	4	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK