



DATE:	09-09-2024	TIME:	08:42 PM
NAME:	Shahvaiz Magsi		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		92	104
BREATHING RATE:		25	24
OXYGEN SATURATION:		98	98
BLOOD PRESSURE:		141 / 82	143 / 83
STRESS LEVEL:		Low	Low
HEART RATE VARIABILITY:		45	83
PRQ:		3.67	4.32
ACTIVITY:		4	
SLEEP:		4	5
EQUILIBRIUM:		5	1
METABOLISM:		5	1

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RELAXATION:		2	4
HEMOGLOBIN:		Coming soon	Coming soon
HBA1C:		6.5	6.5
CHOLESTEROL:		Coming soon	Coming soon
NOTES:			

# VITAL SIGNS

## LOG BOOK