



DATE:	29-12-2024	TIME:	04:52 PM
NAME:	Shahvaiz Magsi		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			103
BREATHING RATE:			12
OXYGEN SATURATION:			-1
BLOOD PRESSURE:			143 / 86
STRESS LEVEL:			Normal
HEART RATE VARIABILITY:			27
PRQ:			8.90
ACTIVITY:			4
SLEEP:			3
EQUILIBRIUM:			4
METABOLISM:			4

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

# VITAL SIGNS

## LOG BOOK