



DATE:	13-01-2025	TIME:	09:42 PM
NAME:	Nasser Al Huqbani		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			120
BREATHING RATE:			22
OXYGEN SATURATION:			98
BLOOD PRESSURE:			110/75
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			97
PRQ:			5.3
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			1
METABOLISM:			1

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

# VITAL SIGNS

## LOG BOOK