



DATE:	16-09-2024	TIME:	08:01 PM
NAME:	Nasser Al Huqbani		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			68
BREATHING RATE:			15
OXYGEN SATURATION:			98
BLOOD PRESSURE:			112/80
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			71
PRQ:			4.5
ACTIVITY:			3
SLEEP:			3
EQUILIBRIUM:			5
METABOLISM:			5

DATE:	16-09-2024	TIME:	08:01 PM
NAME:	Nasser Al Huqbani		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:			3
HEMOGLOBIN:			
HBA1C:			4.0 – 5.6
CHOLESTEROL:			
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK