



DATE:	21-10-2024	TIME:	04:10 PM
NAME:	Nasser Al Huqbani		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			89
BREATHING RATE:			9
OXYGEN SATURATION:			98
BLOOD PRESSURE:			113/68
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			61
PRQ:			9.5
ACTIVITY:			4
SLEEP:			4
EQUILIBRIUM:			2
METABOLISM:			2

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

VITAL SIGNS LOG BOOK