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|-------------------------|----------------------------|----------------------------|--------------------------|
| DATE: | 16-12-2025 | TIME: | 10:43 AM |
| NAME: | Jot | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | 104 bpm | - |
| BREATHING RATE: | - | 16 breaths/min | - |
| OXYGEN SATURATION: | - | 98 % | - |
| BLOOD PRESSURE: | - | 112/85 mmHg | - |
| STRESS LEVEL: | - | Normal | - |
| HEART RATE VARIABILITY: | - | 68 ms | - |
| PRQ: | - | 6.67 HR/RR | - |
| ACTIVITY: | - | 4/5 | - |
| SLEEP: | - | 1/5 | - |
| EQUILIBRIUM: | - | 3/5 | - |
| METABOLISM: | - | 3/5 | - |

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| RELAXATION: | - | 4/5 | - |
| HEMOGLOBIN: | - | 15.75 g/dL | - |
| HBA1C: | - | 5.7 – 6.4 % | - |
| CHOLESTEROL: | - | 137.42 mg/dL | - |
| CHOLESTEROL RISK: | - | 17 % | - |
| CHOLESTEROL RANGE: | - | Normal | - |
| CARDIOVASCULAR BMI: | - | 45 | - |
| AFIB: | - | NSR | - |
| CARDIOVASCULAR AGE: | - | 24 | - |
| A1C RISK: | - | 77.00 % | - |
| A1C RANGE: | - | 5.51 - 6.34 | - |
| HEALTH: | - | 1/5 | - |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK