



<b>DATE:</b>	<b>16-12-2025</b>	<b>TIME:</b>	<b>12:09 PM</b>
<b>NAME:</b>	<b>Arti</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	80 bpm	-
BREATHING RATE:	-	22 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
BLOOD PRESSURE:	-	116/80 mmHg	-
STRESS LEVEL:	-	Low	-
HEART RATE VARIABILITY:	-	136 ms	-
PRQ:	-	3.58 HR/RR	-
ACTIVITY:	-	4/5	-
SLEEP:	-	1/5	-
EQUILIBRIUM:	-	2/5	-
METABOLISM:	-	2/5	-

DATE:	16-12-2025	TIME:	12:09 PM
NAME:	Arti		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	-	4/5	-
HEMOGLOBIN:	-	14.40 g/dL	-
HBA1C:	-	5.7 – 6.4 %	-
CHOLESTEROL:	-	139.83 mg/dL	-
CHOLESTEROL RISK:	-	14 %	-
CHOLESTEROL RANGE:	-	Normal	-
CARDIOVASCULAR BMI:	-	21	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	26	-
A1C RISK:	-	79.00 %	-
A1C RANGE:	-	5.53 - 6.35	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK