



DATE:	16-12-2025	TIME:	10:43 AM
NAME:	Jot		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	100 bpm	-
BREATHING RATE:	-	5 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
BLOOD PRESSURE:	-	119/84 mmHg	-
STRESS LEVEL:	-	Normal	-
HEART RATE VARIABILITY:	-	56 ms	-
PRQ:	-	19.03 HR/RR	-
ACTIVITY:	-	4/5	-
SLEEP:	-	5/5	-
EQUILIBRIUM:	-	1/5	-
METABOLISM:	-	1/5	-

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RELAXATION:	-	4/5	-
HEMOGLOBIN:	-	14.21 g/dL	-
HBA1C:	-	5.7 – 6.4 %	-
CHOLESTEROL:	-	130.13 mg/dL	-
CHOLESTEROL RISK:	-	14 %	-
CHOLESTEROL RANGE:	-	Normal	-
CARDIOVASCULAR BMI:	-	21	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	28	-
A1C RISK:	-	89.00 %	-
A1C RANGE:	-	5.61 - 6.43	-
HEALTH:	-	1/5	-
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK