



DATE:	16-12-2025	TIME:	06:37 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	113 bpm
BREATHING RATE:	-	-	27 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	116/82 mmHg
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	55 ms
PRQ:	-	-	4.19 HR/RR
ACTIVITY:	-	-	3/5
SLEEP:	-	-	1/5
EQUILIBRIUM:	-	-	2/5
METABOLISM:	-	-	2/5

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RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	15.49 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	146.53 mg/dL
CHOLESTEROL RISK:	-	-	33 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	45
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	25
A1C RISK:	-	-	95.00 %
A1C RANGE:	-	-	5.66 - 6.48
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK