



| | | | |
|-------------------------|---------------------|---------------------|-------------------|
| 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: | - | - | 13 breaths/min |
| OXYGEN SATURATION: | - | - | 98 % |
| BLOOD PRESSURE: | - | - | 113/86 mmHg |
| STRESS LEVEL: | - | - | Normal |
| HEART RATE VARIABILITY: | - | - | 80 ms |
| PRQ: | - | - | 8.75 HR/RR |
| ACTIVITY: | - | - | 3/5 |
| SLEEP: | - | - | 1/5 |
| EQUILIBRIUM: | - | - | 4/5 |
| METABOLISM: | - | - | 4/5 |

| | | | |
|---------------------|----------------------------|----------------------------|--------------------------|
| DATE: | 16-12-2025 | TIME: | 06:37 PM |
| NAME: | Test | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | - | - | 4/5 |
| HEMOGLOBIN: | - | - | 14.63 g/dL |
| HBA1C: | - | - | 5.7 – 6.4 % |
| CHOLESTEROL: | - | - | 136.08 mg/dL |
| CHOLESTEROL RISK: | - | - | 34 % |
| CHOLESTEROL RANGE: | - | - | Normal |
| CARDIOVASCULAR BMI: | - | - | 45 |
| AFIB: | - | - | NSR |
| CARDIOVASCULAR AGE: | - | - | 26 |
| A1C RISK: | - | - | 97.00 % |
| A1C RANGE: | - | - | 5.68 - 6.50 |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK