



DATE:	17-12-2025	TIME:	06:08 PM
NAME:	U m		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	117 bpm
BREATHING RATE:	-	-	15 breaths/min
OXYGEN SATURATION:	-	-	98 %
HEART RATE VARIABILITY:	-	-	28 ms
PRQ:	-	-	7.71 HR/RR
ACTIVITY:	-	-	1/5
SLEEP:	-	-	3/5
EQUILIBRIUM:	-	-	3/5
METABOLISM:	-	-	3/5
RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	15.28 g/dL

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HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	149.15 mg/dL
CHOLESTEROL RISK:	-	-	33 %
CHOLESTEROL RANGE:	-	-	Normal
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	28
A1C RISK:	-	-	100.00 %
A1C RANGE:	-	-	5.76 - 6.59
HEALTH:	-	-	3/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK