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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 18-12-2025 | TIME: | 10:58 AM |
| NAME: | Test | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | 89 bpm | - |
| BREATHING RATE: | - | 26 breaths/min | - |
| OXYGEN SATURATION: | - | 94 % | - |
| STRESS LEVEL: | - | Normal | - |
| HEART RATE VARIABILITY: | - | 61 ms | - |
| PRQ: | - | 3.42 HR/RR | - |
| ACTIVITY: | - | 1/5 | - |
| SLEEP: | - | 1/5 | - |
| EQUILIBRIUM: | - | 2/5 | - |
| METABOLISM: | - | 2/5 | - |
| RELAXATION: | - | 4/5 | - |

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| HEMOGLOBIN: | - | 15.32 g/dL | - |
| HBA1C: | - | 5.7 – 6.4 % | - |
| CHOLESTEROL: | - | 138.51 mg/dL | - |
| CHOLESTEROL RISK: | - | 29 % | - |
| CHOLESTEROL RANGE: | - | Normal | - |
| AFIB: | - | NSR | - |
| CARDIOVASCULAR AGE: | - | 27 | - |
| A1C RISK: | - | 75.00 % | - |
| A1C RANGE: | - | 5.50 - 6.32 | - |
| HEALTH: | - | 1/5 | - |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK