



DATE:	18-12-2025	TIME:	10:58 AM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	57 bpm	89 bpm	-
BREATHING RATE:	9 breaths/min	26 breaths/min	-
OXYGEN SATURATION:	98 %	94 %	-
STRESS LEVEL:	Low	Normal	-
HEART RATE VARIABILITY:	106 ms	61 ms	-
PRQ:	6.37 HR/RR	3.42 HR/RR	-
ACTIVITY:	4/5	1/5	-
SLEEP:	4/5	1/5	-
EQUILIBRIUM:	1/5	2/5	-
METABOLISM:	1/5	2/5	-
RELAXATION:	4/5	4/5	-

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HEMOGLOBIN:	15.58 g/dL	15.32 g/dL	-
HBA1C:	5.7 – 6.4 %	5.7 – 6.4 %	-
CHOLESTEROL:	152.44 mg/dL	138.51 mg/dL	-
CHOLESTEROL RISK:	8 %	29 %	-
CHOLESTEROL RANGE:	Normal	Normal	-
AFIB:	NSR	NSR	-
CARDIOVASCULAR AGE:	27	27	-
A1C RISK:	80.00 %	75.00 %	-
A1C RANGE:	5.54 - 6.36	5.50 - 6.32	-
HEALTH:	1/5	1/5	-
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK