



DATE:	18-12-2025	TIME:	03:52 PM
NAME:	Onkar sonk		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	113 bpm	67 bpm
BREATHING RATE:	-	7 breaths/min	25 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
STRESS LEVEL:	-	Low	Normal
HEART RATE VARIABILITY:	-	58 ms	80 ms
PRQ:	-	16.49 HR/RR	2.67 HR/RR
ACTIVITY:	-	3/5	3/5
SLEEP:	-	3/5	1/5
EQUILIBRIUM:	-	2/5	3/5
METABOLISM:	-	2/5	3/5
RELAXATION:	-	4/5	4/5

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HEMOGLOBIN:	-	15.12 g/dL	15.29 g/dL
HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	133.64 mg/dL	149.55 mg/dL
CHOLESTEROL RISK:	-	32 %	31 %
CHOLESTEROL RANGE:	-	Normal	Normal
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	28	23
A1C RISK:	-	79.00 %	65.00 %
A1C RANGE:	-	5.53 - 6.35	5.41 - 6.24
HEALTH:	-	1/5	1/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK