



DATE:	18-12-2025	TIME:	11:12 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	59 bpm
BREATHING RATE:	-	-	8 breaths/min
OXYGEN SATURATION:	-	-	98 %
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	84 ms
PRQ:	-	-	7.77 HR/RR
ACTIVITY:	-	-	4/5
SLEEP:	-	-	1/5
EQUILIBRIUM:	-	-	4/5
METABOLISM:	-	-	4/5
RELAXATION:	-	-	4/5

DATE:	18-12-2025	TIME:	11:12 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEMOGLOBIN:	-	-	15.46 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	158.36 mg/dL
CHOLESTEROL RISK:	-	-	27 %
CHOLESTEROL RANGE:	-	-	Normal
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	28
A1C RISK:	-	-	54.00 %
A1C RANGE:	-	-	5.32 - 6.14
HEALTH:	-	-	1/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK