



<b>DATE:</b>	<b>19-12-2025</b>	<b>TIME:</b>	<b>10:11 AM</b>
<b>NAME:</b>	<b>Test</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	69 bpm	46 bpm
BREATHING RATE:	-	16 breaths/min	15 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
BLOOD PRESSURE:	-	114/79 mmHg	114/80 mmHg
STRESS LEVEL:	-	Normal	Mild
HEART RATE VARIABILITY:	-	56 ms	63 ms
PRQ:	-	4.24 HR/RR	3.08 HR/RR
ACTIVITY:	-	4/5	3/5
SLEEP:	-	2/5	2/5
EQUILIBRIUM:	-	3/5	4/5
METABOLISM:	-	3/5	4/5

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RELAXATION:	-	4/5	4/5
HEMOGLOBIN:	-	15.60 g/dL	15.65 g/dL
HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	141.33 mg/dL	124.80 mg/dL
CHOLESTEROL RISK:	-	26 %	31 %
CHOLESTEROL RANGE:	-	Normal	Normal
CARDIOVASCULAR BMI:	-	21	21
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	28	27
A1C RISK:	-	75.00 %	81.00 %
A1C RANGE:	-	5.50 - 6.32	5.55 - 6.37
HEALTH:	-	2/5	1/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK