



DATE:	19-12-2025	TIME:	04:45 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	99 bpm
BREATHING RATE:	-	-	11 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	117/83 mmHg
STRESS LEVEL:	-	-	Mild
HEART RATE VARIABILITY:	-	-	34 ms
PRQ:	-	-	8.72 HR/RR
ACTIVITY:	-	-	1/5
SLEEP:	-	-	2/5
EQUILIBRIUM:	-	-	2/5
METABOLISM:	-	-	2/5

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RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	15.71 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	125.49 mg/dL
CHOLESTEROL RISK:	-	-	10 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	21
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	28
A1C RISK:	-	-	96.00 %
A1C RANGE:	-	-	5.66 - 6.49
HEALTH:	-	-	5/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK