



DATE:	19-12-2025	TIME:	09:49 AM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	65 bpm	64 bpm
BREATHING RATE:	-	17 breaths/min	15 breaths/min
OXYGEN SATURATION:	-	97 %	98 %
BLOOD PRESSURE:	-	112/76 mmHg	115/85 mmHg
STRESS LEVEL:	-	Normal	Low
HEART RATE VARIABILITY:	-	68 ms	110 ms
PRQ:	-	3.72 HR/RR	4.31 HR/RR
ACTIVITY:	-	2/5	4/5
SLEEP:	-	1/5	1/5
EQUILIBRIUM:	-	2/5	4/5
METABOLISM:	-	2/5	4/5

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RELAXATION:	-	4/5	4/5
HEMOGLOBIN:	-	14.98 g/dL	15.80 g/dL
HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	122.36 mg/dL	132.17 mg/dL
CHOLESTEROL RISK:	-	19 %	12 %
CHOLESTEROL RANGE:	-	Normal	Normal
CARDIOVASCULAR BMI:	-	25	22
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	26	27
A1C RISK:	-	62.00 %	53.00 %
A1C RANGE:	-	5.38 - 6.21	5.31 - 6.13
HEALTH:	-	1/5	1/5
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK