



DATE:	12-06-2024	TIME:	05:31 PM
NAME:	Tareq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			95
BREATHING RATE:			18
OXYGEN SATURATION:			98
BLOOD PRESSURE:			113 / 67
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			38
PRQ:			5.32
ACTIVITY:			5
SLEEP:			5
EQUILIBRIUM:			5
METABOLISM:			5

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RELAXATION:			2
HEMOGLOBIN:			Coming soon
HBA1C:			4.0 – 5.6
CHOLESTEROL:			Coming soon
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK