



DATE:	30-06-2024	TIME:	03:55 PM
NAME:	Tareq		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		73	
BREATHING RATE:		12	
OXYGEN SATURATION:		94	
BLOOD PRESSURE:		120 / 68	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		42	
PRQ:		6.26	
ACTIVITY:		5	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		5.7 – 6.4	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS LOG BOOK