



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 01-04-2024          | TIME:               | 04:35 PM          |
| NAME:                   | Anees               |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     |                     | 45                |
| BREATHING RATE:         |                     |                     | 11                |
| OXYGEN SATURATION:      |                     |                     | 98                |
| BLOOD PRESSURE:         |                     |                     | 121 / 75          |
| STRESS LEVEL:           |                     |                     | Medium            |
| HEART RATE VARIABILITY: |                     |                     | 99.80             |
| HEMOGLOBIN:             |                     |                     | 14.52             |
| HBA1C:                  |                     |                     | 5.82              |
| CHOLESTEROL:            |                     |                     | 128.85            |
| PRQ:                    |                     |                     | 4.22              |
| ACTIVITY:               |                     |                     |                   |

|               |                     |                     |                   |
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|               | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| SLEEP:        |                     |                     | 1                 |
| EQUILIBRIUM:  |                     |                     | 4                 |
| METABOLISM:   |                     |                     | 4                 |
| RELAXATION:   |                     |                     | 3                 |
| <u>NOTES:</u> |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK