



DATE:	03-05-2024	TIME:	05:23 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	49		
BREATHING RATE:	18		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	126 / 83		
STRESS LEVEL:	High		
HEART RATE VARIABILITY:	90.58		
HEMOGLOBIN:	15.33		
HBA1C:	4.93		
CHOLESTEROL:	135.72		
PRQ:	2.74		
ACTIVITY:	3		

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SLEEP:	1		
EQUILIBRIUM:	5		
METABOLISM:	5		
RELAXATION:	3		
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK