



DATE:	05-06-2024	TIME:	02:39 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	53	54	
BREATHING RATE:	14	16	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	125 / 83	131 / 82	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	80	56	
PRQ:	3.91	3.39	
ACTIVITY:		4	
SLEEP:	4	5	
EQUILIBRIUM:	3	3	
METABOLISM:	3	3	

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RELAXATION:	2	1	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK