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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 06-05-2024 | TIME: | 02:42 PM |
| NAME: | Anees | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | 59 | 66 | |
| BREATHING RATE: | 15 | 15 | |
| OXYGEN SATURATION: | 94 | 98 | |
| BLOOD PRESSURE: | 123 / 82 | 120 / 83 | |
| STRESS LEVEL: | High | High | |
| HEART RATE VARIABILITY: | 82.78 | 59.98 | |
| PRQ: | 3.81 | 4.38 | |
| ACTIVITY: | 3 | 3 | |
| SLEEP: | 2 | 4 | |
| EQUILIBRIUM: | 4 | 3 | |
| METABOLISM: | 4 | 3 | |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | 3 | 2 | |
| HEMOGLOBIN: | Coming soon | Coming soon | |
| HBA1C: | Coming soon | Coming soon | |
| CHOLESTEROL: | Coming soon | Coming soon | |
| NOTES: | | | |

VITAL SIGNS LOG BOOK