



DATE:	07-04-2024	TIME:	12:24 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		75	
BREATHING RATE:		13	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		120 / 89	
STRESS LEVEL:		Medium	
HEART RATE VARIABILITY:		150.00	
HEMOGLOBIN:		13.34	
HBA1C:		5.70	
CHOLESTEROL:		159.93	
PRQ:		5.64	
ACTIVITY:			

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SLEEP:		1	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		4	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK