



DATE:	13-05-2024	TIME:	09:12 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	57	61	
BREATHING RATE:	12	11	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	129 / 81	129 / 85	
STRESS LEVEL:	Medium	High	
HEART RATE VARIABILITY:	101.86	76.15	
PRQ:	4.65	-1.00	
ACTIVITY:		3	
SLEEP:	2	2	
EQUILIBRIUM:	3	5	
METABOLISM:	3	5	

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RELAXATION:	3	3	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	Coming soon	Coming soon	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

# VITAL SIGNS

## LOG BOOK