



DATE:	16-04-2024	TIME:	03:34 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	77	45	
BREATHING RATE:	13	18	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	125 / 88	131 / 85	
STRESS LEVEL:	Medium	Low	
HEART RATE VARIABILITY:	142.97	122.91	
HEMOGLOBIN:	13.34	14.10	
HBA1C:	5.70	5.76	
CHOLESTEROL:	167.25	173.29	
PRQ:	5.71	2.46	
ACTIVITY:			

DATE:	16-04-2024	TIME:	03:34 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
SLEEP:	1	1	
EQUILIBRIUM:	3	5	
METABOLISM:	3	5	
RELAXATION:	4	3	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK