



DATE:	17-04-2024	TIME:	10:38 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		46	
BREATHING RATE:		16	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126 / 84	
STRESS LEVEL:		Medium	
HEART RATE VARIABILITY:		99.99	
HEMOGLOBIN:		13.47	
HBA1C:		5.72	
CHOLESTEROL:		155.03	
PRQ:		2.95	
ACTIVITY:			

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SLEEP:		1	
EQUILIBRIUM:		4	
METABOLISM:		4	
RELAXATION:		3	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK