



DATE:	29-04-2024	TIME:	02:28 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		46	
BREATHING RATE:		22	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		122 / 84	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		86.28	
HEMOGLOBIN:		12.78	
HBA1C:		5.72	
CHOLESTEROL:		143.81	
PRQ:		2.12	
ACTIVITY:		3	

DATE:	29-04-2024	TIME:	02:28 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
SLEEP:		1	
EQUILIBRIUM:		5	
METABOLISM:		5	
RELAXATION:		3	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK