



DATE:	20-06-2024	TIME:	01:33 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	78	86	
BREATHING RATE:	26	28	
OXYGEN SATURATION:	98	98	
BLOOD PRESSURE:	121 / 82	113 / 86	
STRESS LEVEL:	Low	Low	
HEART RATE VARIABILITY:	41	60	
PRQ:	3.03	3.09	
ACTIVITY:	2	4	
SLEEP:	5	4	
EQUILIBRIUM:	2	5	
METABOLISM:	2	5	

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RELAXATION:	2	3	
HEMOGLOBIN:	Coming soon	Coming soon	
HBA1C:	4.0 – 5.6	4.0 – 5.6	
CHOLESTEROL:	Coming soon	Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK