



DATE:	16-04-2024	TIME:	12:54 PM
NAME:	Vishal		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		74	
BREATHING RATE:		15	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		115 / 83	
STRESS LEVEL:		High	
HEART RATE VARIABILITY:		37.04	
HEMOGLOBIN:		14.79	
HBA1C:		5.21	
CHOLESTEROL:		169.38	
PRQ:		4.93	
ACTIVITY:		5	

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SLEEP:		5	
EQUILIBRIUM:		5	
METABOLISM:		5	
RELAXATION:		2	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK