



DATE:	21-07-2024	TIME:	01:19 AM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	86		
BREATHING RATE:	16		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	120 / 87		
STRESS LEVEL:	Normal		
HEART RATE VARIABILITY:	26		
PRQ:	5.52		
ACTIVITY:	5		
SLEEP:	3		
EQUILIBRIUM:	2		
METABOLISM:	2		

DATE:	21-07-2024	TIME:	01:19 AM
NAME:	Ali Garhy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:	1		
HEMOGLOBIN:	Coming soon		
HBA1C:	4.0 – 5.6		
CHOLESTEROL:	Coming soon		
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK