



DATE:	07-07-2024	TIME:	12:50 PM
NAME:	TAREQ ANEES		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		104	
BREATHING RATE:		11	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		122 / 68	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		40	
PRQ:		9.04	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		3	
METABOLISM:		3	

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RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK