



DATE:	13-08-2024	TIME:	11:53 AM
NAME:	TAREQ ANEES		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		95	
BREATHING RATE:		12	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		126 / 71	
STRESS LEVEL:		Normal	
HEART RATE VARIABILITY:		25	
PRQ:		7.74	
ACTIVITY:		4	
SLEEP:		3	
EQUILIBRIUM:		4	
METABOLISM:		4	

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RELAXATION:		2	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS LOG BOOK