



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 26-07-2024          | TIME:               | 07:22 PM          |
| NAME:                   | Himanshu            |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     |                     | 79                |
| BREATHING RATE:         |                     |                     | 13                |
| OXYGEN SATURATION:      |                     |                     | 98                |
| BLOOD PRESSURE:         |                     |                     | 114 / 80          |
| STRESS LEVEL:           |                     |                     | Low               |
| HEART RATE VARIABILITY: |                     |                     | 45                |
| PRQ:                    |                     |                     | 6.06              |
| ACTIVITY:               |                     |                     | 5                 |
| SLEEP:                  |                     |                     | 5                 |
| EQUILIBRIUM:            |                     |                     | 4                 |
| METABOLISM:             |                     |                     | 4                 |

|              |                     |                     |                   |
|--------------|---------------------|---------------------|-------------------|
| DATE:        | 26-07-2024          | TIME:               | 07:22 PM          |
| NAME:        | Himanshu            |                     |                   |
|              | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION:  |                     |                     | 2                 |
| HEMOGLOBIN:  |                     |                     | Coming soon       |
| HBA1C:       |                     |                     | 4.0 – 5.6         |
| CHOLESTEROL: |                     |                     | Coming soon       |
| NOTES:       |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK