



DATE:	15-12-2023	TIME:	07:48 PM
NAME:	Omar		
	MORNING	MID-DAY	NIGHT
HEART RATE:		70	61
BREATHING RATE:		17	23
PRQ:		4.2	2.7
STRESS LEVEL:		Medium	High
BLOOD PRESSURE:		103/68	108/70
HEART RATE VARIABLITY:			1.399
OXYGEN SATURATION:		99	99
HBA1C:		6.2	4.99
HEMOGLOBIN:		11.5	11.3
NOTES:			

# VITAL SIGNS

## LOG BOOK