



DATE:	18-10-2024	TIME:	12:59 PM
NAME:	ammar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		74	
BREATHING RATE:		20	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		128 / 79	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		47	
PRQ:		3.78	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		3	
METABOLISM:		3	

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

# VITAL SIGNS

## LOG BOOK