



DATE:	26-11-2024	TIME:	01:48 AM
NAME:	ammar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	98		
BREATHING RATE:	19		
OXYGEN SATURATION:	98		
BLOOD PRESSURE:	125 / 84		
STRESS LEVEL:	Low		
HEART RATE VARIABILITY:	56		
PRQ:	5.08		
ACTIVITY:	4		
SLEEP:	4		
EQUILIBRIUM:	5		
METABOLISM:	5		

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

VITAL SIGNS

LOG BOOK