



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 13-03-2025          | TIME:               | 01:51 PM          |
| NAME:                   | mph                 |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             |                     | 86                  |                   |
| BREATHING RATE:         |                     | 14                  |                   |
| OXYGEN SATURATION:      |                     | 98                  |                   |
| BLOOD PRESSURE:         |                     | 113 / 68            |                   |
| STRESS LEVEL:           |                     | Low                 |                   |
| HEART RATE VARIABILITY: |                     | 42                  |                   |
| PRQ:                    |                     | 6.25                |                   |
| ACTIVITY:               |                     | 4                   |                   |
| SLEEP:                  |                     | 4                   |                   |
| EQUILIBRIUM:            |                     | 5                   |                   |
| METABOLISM:             |                     | 5                   |                   |

|              |                     |                     |                   |
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| RELAXATION:  |                     | 2                   |                   |
| HEMOGLOBIN:  |                     | Coming soon         |                   |
| HBA1C:       |                     | 4.0 – 5.6           |                   |
| CHOLESTEROL: |                     | Coming soon         |                   |
| NOTES:       |                     |                     |                   |

# VITAL SIGNS

## LOG BOOK