



DATE:	23-01-2025	TIME:	03:19 PM
NAME:	Mahdi Almakki		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		84	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		112 / 79	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		87	
PRQ:		4.78	
ACTIVITY:		2	
SLEEP:		4	
EQUILIBRIUM:		3	
METABOLISM:		3	

DATE:	23-01-2025	TIME:	03:19 PM
NAME:	Mahdi Almakki		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK