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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 10-03-2025 | TIME: | 11:27 AM |
| NAME: | Zakyh Alaofy | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 84 | |
| BREATHING RATE: | | 23 | |
| OXYGEN SATURATION: | | 98 | |
| BLOOD PRESSURE: | | 122 / 81 | |
| STRESS LEVEL: | | Low | |
| HEART RATE VARIABILITY: | | 32 | |
| PRQ: | | 3.63 | |
| ACTIVITY: | | 4 | |
| SLEEP: | | 4 | |
| EQUILIBRIUM: | | 2 | |
| METABOLISM: | | 2 | |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | | 2 | |
| HEMOGLOBIN: | | Coming soon | |
| HBA1C: | | 4.0 – 5.6 | |
| CHOLESTEROL: | | Coming soon | |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK