



DATE:	13-02-2025	TIME:	12:47 PM
NAME:	Zakyh Alaofy		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		67	
BREATHING RATE:		13	
OXYGEN SATURATION:		97	
BLOOD PRESSURE:		123 / 83	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		34	
PRQ:		5.23	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

VITAL SIGNS

LOG BOOK