



DATE:	09-03-2025	TIME:	03:05 PM
NAME:	Hebah Almubarak		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		68	
BREATHING RATE:		19	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		113 / 82	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		38	
PRQ:		3.67	
ACTIVITY:		5	
SLEEP:		5	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
NOTES:			

VITAL SIGNS

LOG BOOK