



DATE:	20-02-2025	TIME:	10:55 AM
NAME:	Hebah Almubarak		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		73	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		116 / 83	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		32	
PRQ:		4.13	
ACTIVITY:		4	
SLEEP:		4	
EQUILIBRIUM:		5	
METABOLISM:		5	

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RELAXATION:		1	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK