



DATE:	14-09-2024	TIME:	11:00 AM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		68	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		124 / 91	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		55	
PRQ:		3.83	
ACTIVITY:		3	
SLEEP:		4	
EQUILIBRIUM:		1	
METABOLISM:		1	

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

VITAL SIGNS

LOG BOOK