



DATE:	05-03-2025	TIME:	04:19 PM
NAME:	shaukat		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:			73
BREATHING RATE:			19
OXYGEN SATURATION:			98
BLOOD PRESSURE:			111/74
STRESS LEVEL:			Low
HEART RATE VARIABILITY:			43
PRQ:			3.7
ACTIVITY:			3
SLEEP:			5
EQUILIBRIUM:			4
METABOLISM:			4

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

# VITAL SIGNS

## LOG BOOK