



DATE:	16-10-2024	TIME:	03:17 PM
NAME:	TAREQ ANEES		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		94	
BREATHING RATE:		12	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		122 / 68	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		35	
PRQ:		7.68	
ACTIVITY:		4	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

DATE:	16-10-2024	TIME:	03:17 PM
NAME:	TAREQ ANEES		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK