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|-------------------------|---------------------|---------------------|-------------------|
| DATE: | 09-01-2025 | TIME: | 08:42 PM |
| NAME: | Jack | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | | 62 | 68 |
| BREATHING RATE: | | 18 | 17 |
| OXYGEN SATURATION: | | 98 | 98 |
| BLOOD PRESSURE: | | 116 / 87 | 119 / 76 |
| STRESS LEVEL: | | Low | Low |
| HEART RATE VARIABILITY: | | 107 | 103 |
| PRQ: | | -1.00 | 3.97 |
| ACTIVITY: | | | |
| SLEEP: | | 2 | 4 |
| EQUILIBRIUM: | | 3 | 1 |
| METABOLISM: | | 3 | 1 |

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| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| RELAXATION: | | 3 | 3 |
| HEMOGLOBIN: | | Coming soon | Coming soon |
| HBA1C: | | 4.0 – 5.6 | 4.0 – 5.6 |
| CHOLESTEROL: | | Coming soon | Coming soon |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK