



DATE:	18-09-2024	TIME:	11:40 AM
NAME:	Himanshu Jangid		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		79	
BREATHING RATE:		18	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		112 / 67	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		45	
PRQ:		4.29	
ACTIVITY:		5	
SLEEP:		5	
EQUILIBRIUM:		4	
METABOLISM:		4	

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

VITAL SIGNS LOG BOOK