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|-------------------------|----------------------------|----------------------------|--------------------------|
| DATE: | 16-12-2025 | TIME: | 06:37 PM |
| NAME: | Test | | |
| | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE: | - | - | 65 bpm |
| BREATHING RATE: | - | - | 21 breaths/min |
| OXYGEN SATURATION: | - | - | 98 % |
| BLOOD PRESSURE: | - | - | 116/81 mmHg |
| STRESS LEVEL: | - | - | Low |
| HEART RATE VARIABILITY: | - | - | 110 ms |
| PRQ: | - | - | 3.10 HR/RR |
| ACTIVITY: | - | - | 4/5 |
| SLEEP: | - | - | 1/5 |
| EQUILIBRIUM: | - | - | 4/5 |
| METABOLISM: | - | - | 4/5 |

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| RELAXATION: | - | - | 4/5 |
| HEMOGLOBIN: | - | - | 15.67 g/dL |
| HBA1C: | - | - | 5.7 – 6.4 % |
| CHOLESTEROL: | - | - | 150.86 mg/dL |
| CHOLESTEROL RISK: | - | - | 26 % |
| CHOLESTEROL RANGE: | - | - | Borderline High |
| CARDIOVASCULAR BMI: | - | - | 45 |
| AFIB: | - | - | NSR |
| CARDIOVASCULAR AGE: | - | - | 29 |
| A1C RISK: | - | - | 57.00 % |
| A1C RANGE: | - | - | 5.35 - 6.17 |
| <u>NOTES:</u> | | | |

VITAL SIGNS

LOG BOOK