



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 16-12-2025          | TIME:               | 06:37 PM          |
| NAME:                   | Test                |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             | -                   | -                   | 110 bpm           |
| BREATHING RATE:         | -                   | -                   | 10 breaths/min    |
| OXYGEN SATURATION:      | -                   | -                   | 98 %              |
| BLOOD PRESSURE:         | -                   | -                   | 116/84 mmHg       |
| STRESS LEVEL:           | -                   | -                   | Normal            |
| HEART RATE VARIABILITY: | -                   | -                   | 56 ms             |
| PRQ:                    | -                   | -                   | 11.34 HR/RR       |
| ACTIVITY:               | -                   | -                   | 2/5               |
| SLEEP:                  | -                   | -                   | 1/5               |
| EQUILIBRIUM:            | -                   | -                   | 2/5               |
| METABOLISM:             | -                   | -                   | 2/5               |

|                     |                            |                            |                          |
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| <b>NAME:</b>        | <b>Test</b>                |                            |                          |
|                     | <b>MORNING (12AM-08AM)</b> | <b>MID-DAY (08AM-04PM)</b> | <b>NIGHT (04PM-12AM)</b> |
| RELAXATION:         | -                          | -                          | 4/5                      |
| HEMOGLOBIN:         | -                          | -                          | 14.42 g/dL               |
| HBA1C:              | -                          | -                          | 5.7 – 6.4 %              |
| CHOLESTEROL:        | -                          | -                          | 145.34 mg/dL             |
| CHOLESTEROL RISK:   | -                          | -                          | 24 %                     |
| CHOLESTEROL RANGE:  | -                          | -                          | Normal                   |
| CARDIOVASCULAR BMI: | -                          | -                          | 45                       |
| AFIB:               | -                          | -                          | NSR                      |
| CARDIOVASCULAR AGE: | -                          | -                          | 25                       |
| A1C RISK:           | -                          | -                          | 94.00 %                  |
| A1C RANGE:          | -                          | -                          | 5.65 - 6.48              |
| <u>NOTES:</u>       |                            |                            |                          |

# VITAL SIGNS

## LOG BOOK