



<b>DATE:</b>	<b>16-12-2025</b>	<b>TIME:</b>	<b>06:37 PM</b>
<b>NAME:</b>	<b>Test</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	-	-	102 bpm
BREATHING RATE:	-	-	16 breaths/min
OXYGEN SATURATION:	-	-	98 %
BLOOD PRESSURE:	-	-	111/82 mmHg
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	51 ms
PRQ:	-	-	6.54 HR/RR
ACTIVITY:	-	-	3/5
SLEEP:	-	-	3/5
EQUILIBRIUM:	-	-	4/5
METABOLISM:	-	-	4/5

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RELAXATION:	-	-	4/5
HEMOGLOBIN:	-	-	13.10 g/dL
HBA1C:	-	-	5.7 – 6.4 %
CHOLESTEROL:	-	-	134.78 mg/dL
CHOLESTEROL RISK:	-	-	27 %
CHOLESTEROL RANGE:	-	-	Normal
CARDIOVASCULAR BMI:	-	-	21
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	29
A1C RISK:	-	-	93.00 %
A1C RANGE:	-	-	5.64 - 6.47
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK