



DATE:	17-12-2025	TIME:	01:18 PM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	48 bpm	84 bpm
BREATHING RATE:	-	22 breaths/min	15 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
HEART RATE VARIABILITY:	-	60 ms	42 ms
PRQ:	-	2.14 HR/RR	5.45 HR/RR
ACTIVITY:	-	1/5	3/5
SLEEP:	-	1/5	3/5
EQUILIBRIUM:	-	2/5	5/5
METABOLISM:	-	2/5	5/5
RELAXATION:	-	4/5	4/5
HEMOGLOBIN:	-	15.65 g/dL	14.13 g/dL

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HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	130.20 mg/dL	131.83 mg/dL
CHOLESTEROL RISK:	-	9 %	30 %
CHOLESTEROL RANGE:	-	Normal	Normal
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	30	27
A1C RISK:	-	67.00 %	90.00 %
A1C RANGE:	-	5.42 - 6.25	5.62 - 6.45
HEALTH:	-	1/5	4/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK