



<b>DATE:</b>	<b>18-12-2025</b>	<b>TIME:</b>	<b>10:30 AM</b>
<b>NAME:</b>	<b>Jasmine QA</b>		
	<b>MORNING (12AM-08AM)</b>	<b>MID-DAY (08AM-04PM)</b>	<b>NIGHT (04PM-12AM)</b>
HEART RATE:	101 bpm	81 bpm	-
BREATHING RATE:	47 breaths/min	31 breaths/min	-
OXYGEN SATURATION:	98 %	94 %	-
HEART RATE VARIABILITY:	31 ms	64 ms	-
PRQ:	2.16 HR/RR	2.60 HR/RR	-
ACTIVITY:	2/5	4/5	-
SLEEP:	5/5	1/5	-
EQUILIBRIUM:	4/5	5/5	-
METABOLISM:	4/5	5/5	-
RELAXATION:	2/5	4/5	-
HEMOGLOBIN:	14.39 g/dL	14.85 g/dL	-

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HBA1C:	5.7 – 6.4 %	5.7 – 6.4 %	-
CHOLESTEROL:	151.11 mg/dL	144.78 mg/dL	-
CHOLESTEROL RISK:	30 %	32 %	-
CHOLESTEROL RANGE:	Normal	Normal	-
AFIB:	NSR	NSR	-
CARDIOVASCULAR AGE:	29	27	-
A1C RISK:	77.00 %	61.00 %	-
A1C RANGE:	5.51 - 6.33	5.38 - 6.20	-
HEALTH:	-	1/5	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK