



|                         |                     |                     |                   |
|-------------------------|---------------------|---------------------|-------------------|
| DATE:                   | 18-12-2025          | TIME:               | 01:16 PM          |
| NAME:                   | Jas                 |                     |                   |
|                         | MORNING (12AM-08AM) | MID-DAY (08AM-04PM) | NIGHT (04PM-12AM) |
| HEART RATE:             | -                   | 74 bpm              | -                 |
| BREATHING RATE:         | -                   | 29 breaths/min      | -                 |
| OXYGEN SATURATION:      | -                   | 94 %                | -                 |
| HEART RATE VARIABILITY: | -                   | 124 ms              | -                 |
| PRQ:                    | -                   | 2.59 HR/RR          | -                 |
| ACTIVITY:               | -                   | 4/5                 | -                 |
| SLEEP:                  | -                   | 1/5                 | -                 |
| EQUILIBRIUM:            | -                   | 5/5                 | -                 |
| METABOLISM:             | -                   | 5/5                 | -                 |
| RELAXATION:             | -                   | 4/5                 | -                 |
| HEMOGLOBIN:             | -                   | 15.81 g/dL          | -                 |

|                     |                            |                            |                          |
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| <b>NAME:</b>        | <b>Jas</b>                 |                            |                          |
|                     | <b>MORNING (12AM-08AM)</b> | <b>MID-DAY (08AM-04PM)</b> | <b>NIGHT (04PM-12AM)</b> |
| HBA1C:              | -                          | 5.7 – 6.4 %                | -                        |
| CHOLESTEROL:        | -                          | 137.54 mg/dL               | -                        |
| CHOLESTEROL RISK:   | -                          | 19 %                       | -                        |
| CHOLESTEROL RANGE:  | -                          | Normal                     | -                        |
| AFIB:               | -                          | NSR                        | -                        |
| CARDIOVASCULAR AGE: | -                          | 28                         | -                        |
| A1C RISK:           | -                          | 68.00 %                    | -                        |
| A1C RANGE:          | -                          | 5.44 - 6.26                | -                        |
| <u>NOTES:</u>       |                            |                            |                          |

# VITAL SIGNS

## LOG BOOK