



DATE:	18-12-2025	TIME:	10:30 AM
NAME:	Jasmine QA		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	101 bpm	78 bpm	-
BREATHING RATE:	47 breaths/min	19 breaths/min	-
OXYGEN SATURATION:	98 %	98 %	-
HEART RATE VARIABILITY:	31 ms	84 ms	-
PRQ:	2.16 HR/RR	4.03 HR/RR	-
ACTIVITY:	2/5	4/5	-
SLEEP:	5/5	1/5	-
EQUILIBRIUM:	4/5	3/5	-
METABOLISM:	4/5	3/5	-
RELAXATION:	2/5	4/5	-
HEMOGLOBIN:	14.39 g/dL	15.32 g/dL	-

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HBA1C:	5.7 – 6.4 %	5.7 – 6.4 %	-
CHOLESTEROL:	151.11 mg/dL	147.58 mg/dL	-
CHOLESTEROL RISK:	30 %	18 %	-
CHOLESTEROL RANGE:	Normal	Normal	-
AFIB:	NSR	NSR	-
CARDIOVASCULAR AGE:	29	28	-
A1C RISK:	77.00 %	91.00 %	-
A1C RANGE:	5.51 - 6.33	5.63 - 6.45	-
HEALTH:	-	1/5	-
<u>NOTES:</u>			

VITAL SIGNS

LOG BOOK