



DATE:	18-12-2025	TIME:	03:52 PM
NAME:	Onkar sonk		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	113 bpm	46 bpm
BREATHING RATE:	-	7 breaths/min	12 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
STRESS LEVEL:	-	Low	Mild
HEART RATE VARIABILITY:	-	58 ms	41 ms
PRQ:	-	16.49 HR/RR	3.80 HR/RR
ACTIVITY:	-	3/5	2/5
SLEEP:	-	3/5	2/5
EQUILIBRIUM:	-	2/5	2/5
METABOLISM:	-	2/5	2/5
RELAXATION:	-	4/5	4/5

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HEMOGLOBIN:	-	15.12 g/dL	15.58 g/dL
HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	133.64 mg/dL	129.81 mg/dL
CHOLESTEROL RISK:	-	32 %	9 %
CHOLESTEROL RANGE:	-	Normal	Normal
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	28	26
A1C RISK:	-	79.00 %	75.00 %
A1C RANGE:	-	5.53 - 6.35	5.49 - 6.32
HEALTH:	-	1/5	4/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK