



DATE:	18-12-2025	TIME:	11:17 PM
NAME:	Kumar singh		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	-	76 bpm
BREATHING RATE:	-	-	19 breaths/min
OXYGEN SATURATION:	-	-	98 %
STRESS LEVEL:	-	-	Normal
HEART RATE VARIABILITY:	-	-	65 ms
PRQ:	-	-	3.97 HR/RR
ACTIVITY:	-	-	4/5
SLEEP:	-	-	2/5
EQUILIBRIUM:	-	-	3/5
METABOLISM:	-	-	3/5
RELAXATION:	-	-	4/5

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HEMOGLOBIN:	-	-	15.45 g/dL
CHOLESTEROL:	-	-	139.39 mg/dL
CHOLESTEROL RISK:	-	-	2 %
CHOLESTEROL RANGE:	-	-	Normal
AFIB:	-	-	NSR
CARDIOVASCULAR AGE:	-	-	26
A1C RISK:	-	-	48.00 %
A1C RANGE:	-	-	5.27 - 6.10
HEALTH:	-	-	1/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK