



DATE:	19-12-2025	TIME:	10:11 AM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	78 bpm	-
BREATHING RATE:	-	16 breaths/min	-
OXYGEN SATURATION:	-	98 %	-
STRESS LEVEL:	-	Normal	-
HEART RATE VARIABILITY:	-	96 ms	-
PRQ:	-	4.85 HR/RR	-
ACTIVITY:	-	1/5	-
SLEEP:	-	1/5	-
EQUILIBRIUM:	-	2/5	-
METABOLISM:	-	2/5	-
RELAXATION:	-	4/5	-

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HEMOGLOBIN:	-	15.56 g/dL	-
HBA1C:	-	5.7 – 6.4 %	-
CHOLESTEROL:	-	142.86 mg/dL	-
CHOLESTEROL RISK:	-	32 %	-
CHOLESTEROL RANGE:	-	Normal	-
AFIB:	-	NSR	-
CARDIOVASCULAR AGE:	-	24	-
A1C RISK:	-	63.00 %	-
A1C RANGE:	-	5.39 - 6.22	-
HEALTH:	-	1/5	-
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK