



DATE:	19-12-2025	TIME:	10:11 AM
NAME:	Test		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	69 bpm	46 bpm
BREATHING RATE:	-	16 breaths/min	15 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
BLOOD PRESSURE:	-	114/79 mmHg	114/86 mmHg
STRESS LEVEL:	-	Normal	Low
HEART RATE VARIABILITY:	-	56 ms	63 ms
PRQ:	-	4.24 HR/RR	3.08 HR/RR
ACTIVITY:	-	4/5	4/5
SLEEP:	-	2/5	1/5
EQUILIBRIUM:	-	3/5	4/5
METABOLISM:	-	3/5	4/5

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RELAXATION:	-	4/5	4/5
HEMOGLOBIN:	-	15.60 g/dL	15.65 g/dL
HBA1C:	-	5.7 – 6.4 %	5.7 – 6.4 %
CHOLESTEROL:	-	141.33 mg/dL	124.80 mg/dL
CHOLESTEROL RISK:	-	26 %	21 %
CHOLESTEROL RANGE:	-	Normal	Normal
CARDIOVASCULAR BMI:	-	21	21
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	28	27
A1C RISK:	-	75.00 %	81.00 %
A1C RANGE:	-	5.50 - 6.32	5.55 - 6.37
HEALTH:	-	2/5	1/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK