



DATE:	24-12-2025	TIME:	01:25 PM
NAME:	Omar		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:	-	67 bpm	59 bpm
BREATHING RATE:	-	16 breaths/min	20 breaths/min
OXYGEN SATURATION:	-	98 %	98 %
BLOOD PRESSURE:	-	104/81 mmHg	112/86 mmHg
STRESS LEVEL:	-	Very High	Normal
HEART RATE VARIABILITY:	-	28 ms	34 ms
PRQ:	-	4.08 HR/RR	2.97 HR/RR
ACTIVITY:	-	1/5	3/5
SLEEP:	-	3/5	5/5
EQUILIBRIUM:	-	3/5	3/5
METABOLISM:	-	2/5	3/5

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RELAXATION:	-	1/5	1/5
HEMOGLOBIN:	-	13.76 g/dL	15.15 g/dL
HBA1C:	-	4.0 – 5.6 %	4.0 – 5.6 %
CHOLESTEROL:	-	166.30 mg/dL	122.64 mg/dL
CHOLESTEROL RISK:	-	40 %	3 %
CHOLESTEROL RANGE:	-	Normal	Normal
CARDIOVASCULAR BMI:	-	23	22
AFIB:	-	NSR	NSR
CARDIOVASCULAR AGE:	-	28	30
A1C RISK:	-	38.00 %	29.00 %
A1C RANGE:	-	5.19 - 6.01	5.11 - 5.94
HEALTH:	-	3/5	5/5
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK