



DATE:	01-07-2024	TIME:	01:17 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
HEART RATE:		48	
BREATHING RATE:		9	
OXYGEN SATURATION:		98	
BLOOD PRESSURE:		119 / 87	
STRESS LEVEL:		Low	
HEART RATE VARIABILITY:		103	
PRQ:		5.44	
ACTIVITY:		3	
SLEEP:		1	
EQUILIBRIUM:		3	
METABOLISM:		3	

DATE:	01-07-2024	TIME:	01:17 PM
NAME:	Anees		
	MORNING (12AM-08AM)	MID-DAY (08AM-04PM)	NIGHT (04PM-12AM)
RELAXATION:		3	
HEMOGLOBIN:		Coming soon	
HBA1C:		4.0 – 5.6	
CHOLESTEROL:		Coming soon	
<u>NOTES:</u>			

# VITAL SIGNS

## LOG BOOK